

## **A Rules for Foot Orienteering Events**

### **A.1 Application and Enforcement of the rules**

- A.1.1 Foot Orienteering Competitions and events sanctioned by Orienteering USA shall be organized in accordance with these rules.
- A.1.2 These rules shall be binding on all organizers, competitors, team officials and other persons connected with the organization or in contact with the competitors. The Orienteering USA Sanctioning Committee shall supervise the application of the Rules. The Orienteering USA Rules Committee shall interpret the Rules and any questions should be so addressed.
- A.1.3 Event organizers, competitors and team officials must know these Rules and the Event Instructions. Ignorance of the Rules will not be accepted as a valid excuse for any infringement.
- A.1.4 These rules take precedence over the *Competition Rules for International Orienteering Federation (IOF) Foot Orienteering Events* except for:
- a) IOF sanctioned events hosted in the United States
  - b) International events when so agreed by the participating nations

### **A.2 Definitions**

- A.2.1 *Orienteering* is a sport in which the competitors navigate independently through the terrain. Competitors must visit a number of control points marked on the ground aided only by map and compass. In standard orienteering competition the task is to run this course in the shortest possible time. Orienteering competitions are held primarily in terrain that, ideally, is unfamiliar to the competitors.
- A.2.2 An *Event* is a set of races and their attendant festivities and organizational aspects.
- A.2.3 The term *A-meet* is restricted to events which include races sanctioned by Orienteering USA.
- A.2.4 A *Race* is a single event component which consists of competitors starting and finishing a course.
- A.2.5 A *Competition* is one or more races which are used together as the basis for making awards.
- A.2.6 The term *Championship* in this section of this document refers only to the following events:
- c) United States Individual Orienteering Championships  
(includes separate Sprint, Middle, and Long format competitions)
  - d) United States Two Day Classic Orienteering Championships

- e) United States Relay Orienteering Championships
- f) United States Intercollegiate Orienteering Championships
- g) United States Interscholastic Orienteering Championships
- h) United States Ultra Long Orienteering Championships
- i) United States Night Orienteering Championships

A.2.7 A *Bid Event* is any of the Championship competitions listed above, the North American Orienteering Championships, or any event requiring IOF Sanctioning. The Orienteering USA Sanctioning Committee first sanctions the bids for these events and then the Orienteering USA Board of Directors awards the bid. In the case of IOF events, the Board approves the submission of the bid to the IOF.

A.2.8 A *Restricted* event is not open to all classes of competitors, but shall have at least one class for men and one class for women. Restrictions must be approved by the sanctioning committee.

### **A.3 Classification of Competitions**

A.3.1 A *Day* competition shall be run entirely in the light. The first start shall be at least 1 hour after sunrise, and the last at least the time limit plus 1 hour before sunset.

A.3.2 A *Night* competition shall be run entirely in the dark. The first start shall be at least 15 minutes after the end of civil twilight, and the last at least the time limit plus 15 minutes before the beginning of civil twilight.

A.3.3 Competitions including both day and night may have two forms:

- j) One race is run in the light and another in darkness.
- k) A race may begin in the dark and finish in daylight or vice versa. In this case, a mass start must be used.

A.3.4 In an *Individual* competition each participant competes independently, and the results are based on each individual's performance. (Except as in section A.4.1.1 groups)

A.3.5 In a *Team* competition each participant competes independently and the team result is based on some combination of individual results (times or place numbers or points based thereon). There must be individual results as well.

A.3.6 In a *Multi-race* competition a competitor's results (times or place numbers or points based thereon) from at least half of the competition races shall be combined. If the sum of the times for every competition day will not be used the organizer shall describe in the Invitation the precise procedures which will be used for the event.

A.3.7 A *Relay* competition has two or more runners who run in sequence. Each runner completes his/her course independently.

## **A.4 Sanctioning**

- A.4.1 Applications to hold Orienteering USA sanctioned events shall be made directly to the Orienteering USA Sanctioning Committee Chairman using forms available from the Sanctioning Committee.
- A.4.2 The hosting group must be a *Regular Orienteering Club* as defined in the *Bylaws of the United States Orienteering Federation* or must enter into the *Orienteering USA Sanctioning Agreement* (Third-party sanctioning contract).
- A.4.3 The host will pay the necessary sanctioning fees (Section 20) within four weeks of the closing of the event.
- A.4.4 Within two weeks of receiving the application the Sanctioning Committee will respond to the Meet Director. When the Sanctioning Committee determines that the applying organization can successfully host a sanctioned event it will sanction the meet.
- A.4.5 If the host requests exceptions to these rules, or if after sanctioning is received the host does not follow these rules and the procedures of the Sanctioning Committee, then the Sanctioning Committee may deny or remove sanctioning, or in extenuating circumstances authorize exceptions to these rules or Sanctioning Committee procedures.
- A.4.6 When the Sanctioning Committee authorizes an exception to these rules these exceptions shall be clearly stated in the Invitation. In addition the Chairperson of the Sanctioning Committee shall notify the Orienteering USA Executive Committee and the Chairperson of the Rules Committee as to the exceptions that were authorized.
- A.4.7 Decisions of the Sanctioning Committee may be appealed to the Executive Committee of Orienteering USA by sending a letter stating the reasons for the appeal to the President of Orienteering USA and a copy to the Chairperson of the Sanctioning Committee.
- A.4.8 In the event the meet is sanctioned before the map is completed, the Event and/or Course Consultant will oversee and assist with the production of the map to assure it is suitable.

## **A.5 Key Personnel**

- A.5.1 The *Meet Director* is appointed by the host and listed on the sanctioning application and is responsible for overseeing all aspects of the event. The Meet Director shall insure that all the officials and assistants know and abide by these Rules. The Meet Director shall obtain all necessary permission from landowners, and forestry, state, and other pertinent officials and should aim for a good relationship with other users of the event site and site officials.

- A.5.2 The *Course Setter* is appointed by the host and listed on the sanctioning application and is responsible for designing and overseeing the setting of all courses.
- A.5.3 The *Course Vetter* is appointed by the host and listed on the sanctioning application. The Course Vetter shall be a different person than the Course Setter. The Course Vetter is responsible for checking all aspects of the course setting, including:
- a) Checking the quality of the map in relation to the specific courses and control locations and assisting with any overprinting which may be required.
  - b) Checking the correct position of the start, map issue point, control flags and finish location.
  - c) Checking the correct codes on the control flags against the codes on the control description cards, and the location and visibility of the marking equipment (i.e. punches).
  - d) Making sure that the control descriptions are appropriate and that they correctly describe the positions of the control flags.
  - e) Making sure that the courses and other information pre-printed on the maps are properly drawn.
- A.5.4 The *Meet Registrar* is appointed by the host and listed on the sanctioning application and is responsible for handling the entries for the event.
- A.5.5 The *Map Coordinator* is appointed by the host and listed on the sanctioning application and is responsible for insuring the accuracy, appropriateness, and proper formatting of the maps used for competition.
- A.5.6 The five positions listed above must be covered by no fewer than three different people (Course Setter, Course Vetter, and one other key staff member).
- A.5.7 A *Course Consultant* is appointed by the Course Consultant Committee once the event is sanctioned and is responsible for reviewing the course designs and providing advice to the course setter:
- a) To make sure that the courses will be proper for their level and consistent with these rules.
  - b) As to the suitability of the courses for the particular event and area.
  - c) As to the suitability of the start, the map issue point, and the finish location.
- A.5.8 An *Event Consultant* may be appointed by the Sanctioning Committee depending on need and availability and coordinates with the Meet Director as follows:
- a) Ensure that all rules are followed.
  - b) Check that the map is progressing satisfactorily.

- c) Check that the course consultant and course setter are performing their duties properly.
- d) Check that the entire event organization is properly coordinated, including support and logistics as well as competitive functions.

A.5.9 An *Event Controller* and/or *Course Controller* may be appointed by the Sanctioning Committee or the Board of Directors and has responsibility for overseeing the Meet Director's or Course Setter's work. In contrast with a consultant, a controller has final responsibility for the quality of the event and/or courses and as such has final authority over these areas.

A.5.10 The Event Consultant, Course Consultant, Event Controller, and Course Controller will each send a short informal report to the Sanctioning Committee and Meet Director outlining any procedures that worked particularly well and might have application at other events as well as pointing out any problems and how they could have been avoided.

A.5.11 Consulting for events is done on a volunteer basis without reimbursement from Orienteering USA. Event organizers may provide reimbursement to consultants at their own discretion.

## A.6 Reports and Fees

A.6.1 Within one week the official results shall be made publicly available and sent to the Orienteering USA Ranking Committee Chairperson.

A.6.2 Within four weeks sanctioning fees shall be remitted to Orienteering USA for each sanctioned race for each competitor entered in a competitive class. For events that have multiple races on the same day as part of a single competition (e.g. a sprint course competition that has a qualifier and a final), the races can be considered as one for the purposes of fees, but this must be expressed on the sanctioning application. A fee computation form will be provided by Orienteering USA.

A.6.3 Sanctioning fee schedule:

- e) Total per-Race competitive entries, Orienteering USA and non-Orienteering USA, including DNS, DNF, DSQ, and OVT unless the entry fees were refunded.  
Adults \$4.00 (\$5.00 Bid Events)  
Juniors \$2.00 (\$2.50 Bid Events)
- f) Non-member surcharge – total per-Race competitive entries, **excluding** members of Orienteering USA, COF, and IOF federations;  
Adults \$4.00  
Juniors \$2.00

A.6.4 Recreational entries are reported as standard starts when the hosting club recharts. <What about non-chartered hosts?>

**A.6.5 Something to prevent excessive use of recreational entries/ non-sanctioned use of courses to avoid fees?**

**A.7 Secrecy and Embargo**

- A.7.1 All those who are involved with the organizing of the event shall maintain the strictest secrecy regarding aspects of the venue, terrain and courses not officially publicized.
- A.7.2 Team officials and spectators shall not influence the competition, and shall remain in the areas that are assigned to them.
- A.7.3 The organizers shall ensure that unauthorized people stay out of areas where they would interfere with the competition.
- A.7.4 When a Bid Event is submitted to sanctioning, the area is closed to orienteering competitions and training until the event takes place. Individuals or groups visiting the closed venue will not be eligible for competition, awards, or rankings, but they may nevertheless participate in the event.
- A.7.5 When a sanctioned event takes place on a new map the area shall be closed to orienteering training and competition for a minimum of 12 months prior to the event or when the sanctioned event is placed on the Orienteering USA Event Calendar or Planning Calendar, whichever is shorter. Individuals or groups training or orienteering in the closed venue will not be eligible for competition, awards, or rankings, but they may nevertheless participate in the event. The Sanctioning Committee may be approached to modify this embargo time.
- A.7.6 When a sanctioned non-bid event is placed on the Orienteering USA Event or Planning Calendar, the area is closed to orienteering competitions and training for four months prior to the event, or longer at the discretion of the event director. If the embargo is to be longer than four months, it must be published in all announcements regarding the event.

**A.8 Bulletins**

- A.8.1 Preliminary Information (Bulletin 1) should be published within two weeks of sanctioning. Details can be found in the Orienteering USA Sanctioning Guidelines.
- A.8.2 An Event Invitation (Bulletin 2) including all details necessary for event registration shall be published at least three months before the event. Details can be found in the Orienteering USA Sanctioning Guidelines.

- A.8.3 If a host chooses to have a registration cutoff or late registration penalty deadline, the date may not be earlier than 21 days before the first day of the meet (or meet series if there is a common registration deadline). The effective date for mailed registrations and payment shall be the postmark and for electronic registrations and payments the time stamp of confirmation messages. Organizers should be specific about the effect of time zones on electronic time stamps and late registrations.
- A.8.4 Courses and course lengths, and/or lengths of relay legs shall be published with the invitation or as soon thereafter as they are known
- A.8.5 Event Information (Bulletin 3) that a competitor will need prior to traveling to the event shall be published at least one week before the event. Details can be found in the Orienteering USA Sanctioning Guidelines.
- A.8.6 Additional event information (Bulletin 4) shall be provided to the competitor upon check-in at the event. At a minimum, any information that was not published by one week prior to the event must be provided to each competitor in hardcopy format at the event.
- A.8.7 All information required by this section shall be published on a publicly-accessible website in a standard format readable by commonly-used free software.
- A.8.8 All information shall be available at least in English.
- A.8.9 The host shall honor all published information unless extenuating circumstances necessitate a change.
- A.8.10 In extenuating circumstances information may be supplied orally.

## **A.9 OUSA Calendar**

- A.9.1 The Sanctioning Committee shall maintain the Orienteering USA Orienteering Event Calendar and Event Planning Calendar.
- A.9.2 The Orienteering USA Orienteering Event Calendar shall list all sanctioned events for the current and following year and National Orienteering Day. For each meet it shall contain at least the following:
  - g) Date of the event
  - h) Classification of the event
  - i) Location of the event
  - j) Hosting organization
  - k) Contact name, website, email address, mailing address and phone number
- A.9.3 The Orienteering USA Orienteering Event Calendar shall be published on the Orienteering USA website and periodically distributed to all Orienteering USA members.

A.9.4 The Orienteering USA Event Planning Calendar shall list all sanctioned events, National Orienteering Day, events currently in sanctioning, events that are known to be in the planning stages, and other significant National or International Events that potential event hosts might want to work around.

A.9.5 The Orienteering USA Event Planning Calendar shall be readily accessible by the public from the Orienteering USA website.

## **A.10 Course Designations**

A.10.1 *White* level courses are intended for novice orienteers.

A.10.2 *Yellow* level courses are intended for advanced beginners.

A.10.3 *Orange* level courses are intended for intermediate level orienteers.

A.10.4 *Brown* level courses are technically advanced but designed for older orienteers with physical limitations due to age.

A.10.5 *Green* level courses are technically advanced with moderate physical difficulty.

A.10.6 *Red* level courses are technically advanced with high physical difficulty appropriate for Elite female competitors.

A.10.7 *Blue* level courses are technically advanced with high physical difficulty appropriate for Elite male competitors.

A.10.8 Any event that uses alternative designations for the courses shall also include the closest matching color designation in the event information.

## **A.11 Classes**

### **A.11.1 Competitive Classes**

A.11.1.1 Individual competitors are divided into classes by gender (M for male, and F for female), and age as of December 31 of the current year.

A.11.1.2 Every course level except White and Blue shall also have competitive non-age specific open classes for each gender (M or F followed by the course color).

A.11.1.3 The White course level shall have a single competitive open class that is open to competitors of any age or gender (M/F White).

A.11.1.4 Classes for gender-neutral non-age specific Groups shall be offered on White, Yellow, and Orange course levels (Gr followed by the course color).

A.11.1.5 Women shall be allowed to enter age appropriate male classes.

### **A.11.2 Recreational (non-competitive) classes**



- A.11.2.1 A single non-competitive class shall be offered at the White course level, designated as Recreational White (Rec White).
- A.11.2.2 Recreational classes may also be offered at the Yellow and Orange levels.
- A.11.2.3 No competitive awards will be given in Recreational classes. This does not prohibit awards for the successful completion of the course.
- A.11.2.4 Recreational classes are open to any age and gender, individuals or groups.
- A.11.2.5 Competitors may participate on a non-competitive course after finishing with their competitive course.

**A.11.3 *Orienteering USA Standard Foot Orienteering Course/Class Structure***

- A.11.3.1 The following Orienteering USA Standard Course/Class structure is the minimum that a sanctioned event must offer, except as approved for Restricted Meets by the Sanctioning Committee.
- A.11.3.2 A Restricted Event shall have, at a minimum, competitive classes for both men and women.
- A.11.3.3 U.S. Champions shall be declared in all age classes represented at U.S. Orienteering Championships. Open color classes and group classes are not Championship classes.
- A.11.3.4 Intercollegiate and Interscholastic events have additional classes not in the standard Orienteering USA classes. The special classes are described in the sections for these events.
- A.11.3.5 A Dash (-) before an age indicates that competitors that age and younger may enter that class.
- A.11.3.6 A Plus (+) after an age indicates that competitors that age and older may enter that class.
- A.11.3.7 In Orienteering USA sanctioned meets this nomenclature shall be used to describe the classes and courses.
- A.11.3.8 If desired, age divisions may be further divided into additional classes by course difficulty and skill level.

Individual Championship Classes							
White	Yellow	Orange	Brown		Green	Red	Blue
F-10	F-14	F-16	F-18	M65+	F-20	F-21+	M-21+
F-12	M-14	M-16	F55+	M70+	F35+	M-20	
M-10			F60+	M75+	F40+	M35+	
M-12			F65+	M80+	F45+	M40+	
			F70+	M85+	F50+	M45+	
			F75+	M90+	M-18		
			F80+		M50+		
			F85+		M55+		
			F90+		M60+		
Non-Championship Competitive Classes							
M/F White	F Yellow	F Orange	F Brown		F Green	M Red	
Gr White	M Yellow	M Orange	M Brown		M Green		
	Gr Yellow	Gr Orange					
Recreational Classes							
Rec White							
<p>Age class ranges are indicated by a "-" and/or a "+". A "-" before the age means "and younger", the "+" after the age means "and older". Gender classes contain M for male and F for female. Classes containing the course color are open to any age. Classes containing Gr or M/F are open to any age or gender. Classes containing Gr are groups. See Appendix O.7 (Course Split Guidelines) for information on class assignment when multiple courses of the same color are planned.</p>							

## **A.12 Eligibility**

### **A.12.1 General Eligibility**

- A.12.1.1 Any person desiring to compete is eligible except as set forth below or in special cases designated by the Executive Committee.
- A.12.1.2 Persons with prior knowledge of the competition area that they or the meet organizers believe will give them unfair advantage are not eligible to compete for awards, titles, or national rankings.
- A.12.1.3 Persons not eligible for awards, titles or national rankings may participate.
- A.12.1.4 Interscholastic and Intercollegiate events have additional eligibility requirements that are found in their respective sections.

### **A.12.2 Championship Eligibility**

- A.12.2.1 The title of U.S. Orienteering Champion in any class as determined at an officially designated U.S. Orienteering Championship Event shall be limited to any person who meets all of the following criteria:
  - l) Is a member in good standing of Orienteering USA
  - m) Is either a citizen or lawful permanent resident of the United States of America
  - n) During the same calendar year, has not and agrees not to compete for another country's national orienteering championship title.
- A.12.2.2 Requests for clarifications based on eligibility criteria may be submitted to the Orienteering USA Headquarters in writing 30 days prior to a championship/s.
- A.12.2.3 Eligibility rulings will be made by vote of the Orienteering USA Executive Committee. Requests for eligibility rulings received by the Orienteering USA Office at least 30 days in advance of an event registration deadline will be ruled upon prior to the entry deadline.

## **A.13 Entries**

- A.13.1 Competitors shall submit entries as specified in the Invitation.
- A.13.2 The entry fee shall be paid as specified in the Invitation.
- A.13.3 No competitor shall be entered in more than one class for any race.

## **A.14 Training**

- A.14.1 The organizer should, when possible, offer training areas for the competitors. The terrain, map, course and control descriptions should be as similar as possible to the competition area.

A.14.2 When maps are available it should be possible to order, in advance, maps of terrain similar to that of the event. If and only if the competition map has previously been used at a public meet it shall be made available for inspection and when possible advance purchase. (Section ?? forbids the distribution of a new unused map prior to the event.)

A.14.3 The organizer may charge a reasonable fee for maps and training.

A.14.4 Adequate free instruction shall be provided for non-competitive novices.

## **A.15 Terrain**

A.15.1 The area shall be complex and varied enough to suit the requirements of the event. It shall offer adequate possibilities for setting the technically difficult courses as well as the novice courses represented at the event.

## **A.16 Maps**

A.16.1 Maps shall be prepared in accordance with the *International Specification for Orienteering Maps* (ISOM) or the *International Specification for Sprint Orienteering Maps* (ISSOM) as appropriate to the event format. Deviant or additional symbols necessary because of local conditions may be used with the permission of the sanctioning committee. Any such symbols shall be published beforehand in the Event Information.

A.16.2 Applicable map scale varies with the event format and is detailed in the separate format sections.

A.16.3 Terrain conditions which are not visible on the map and map corrections or amendments that may influence the outcome of the event must be clearly communicated in writing to the competitors. Overprinting on the competition map is preferred, but simple corrections may be drawn on a sample map when displaying of the competition map is permitted.

A.16.4 The map shall be printed on good quality and if possible waterproof paper. (80-120 g/sq.m)

A.16.5 The organizer shall provide protective cases for the maps.

A.16.6 When the map for the event has not been used in competition it shall not be displayed, sold, or distributed prior to the event. (This does not prohibit display of sections of the map where the competition will not be held.)

A.16.7 When the competition map has been previously used in a competition or otherwise distributed to potential competitors it shall be posted in the competition center and shall be sold at a reasonable and customary price prior to and at the event.

A.16.8 When the competition map has not previously been used or distributed and an earlier map of the terrain exists the earlier map shall be posted in the competition center and if possible sold at a reasonable and customary price prior to and at the event.

A.16.9 Course markings on the map shall follow the ISOM or ISSOM as applicable.

A.16.10 Competitors who cannot properly see the color used to mark their maps may have their courses redrawn in a color they can properly see by making their request to a registration official. If necessary, the competitor shall be given a new start time after the redrawn map is available.

## **A.17 Courses**

A.17.1 The IOF *Principles for Course Planning* (Appendix 2 of Foot Orienteering Rules) and Orienteering USA *Course Design Guidelines* should be referenced as guidance for setting the courses.

A.17.2 The characteristics of the courses, in particular the map reading and route choice requirements, shall be appropriate to the classes for which they are intended. The navigating ability and concentration of the competitors shall be tested.

A.17.3 The progression from White to Yellow to Orange to Brown through Blue is one of increased length and technical difficulty; the technical difficulty of Brown, Green, Red, and Blue is to be equivalent, at the expert level, with only a difference in physical requirements.

A.17.4 The order of visiting the control locations shall be prescribed by the organizer and observed by the competitors. If visiting the control locations out of order is likely to be advantageous then the organizer shall check that they are visited in the proper order.

A.17.5 Any marked route or crossings included on a course shall be indicated on the map.

A.17.6 Required routes (i.e. those that runners must follow) shall be clearly marked so that all competitors can follow them without any possibility of confusion. (For example, routes may be marked with orange ribbons or streamers.) The method of marking shall be explained in the Event Information.

A.17.7 The course shall be set so as to avoid damage to the terrain, property, or the entering of out-of-bounds and hazardous areas.

A.17.8 The Event Organizer shall use all reasonable efforts to mark hazardous terrain features that are known to the Organizer both on the map and in the terrain. The method of marking in the terrain shall be clearly visible to competitors, and shall be explained in the Event Information.

A.17.9 When courses cross deep water or dangerous gorges, control locations shall be located at safe crossing points.

A.17.10 Courses shall be set so that swimming will be neither necessary nor tempting as a route choice.

#### **A.17.11 Control Proximity**

A.17.11.1 Controls shall be separated by a minimum of 30 meters on features that are distinctly different in the terrain and on the map (15 meters for map scales 1:4000 or 1:5000).

A.17.11.2 Controls shall be separated by a minimum of 60 meters on similar features (30 meters for map scales 1:4000 or 1:5000).

#### **A.17.12 Course Length and Climb**

A.17.12.1 The course length shall be measured without regard for elevation change as the shortest possible route a runner could fairly take - i.e. around lakes and impassable and out of bounds areas as well as following any compulsory marked routes.

A.17.12.2 The expected *winning time* for an orienteer with a ranking score of 100 (or the average of the top three ranked US orienteers in the classes assigned to a course) shall be decisive in determining course lengths. For all formats it is desirable to design the best course possible within the given time range, rather than striving for the exact middle of the time range.

A.17.12.3 The course climb shall be measured as the climb in meters along the optimum route.

### **A.18 Sprint**

#### **A.18.1 Definition**

A.18.1.1 EMPHASIS: Sprint format emphasizes high speed orienteering.

A.18.1.2 COMPETITION: Sprint races are individual competitions.

#### **A.18.2 Course/Class structures**

A.18.2.1 Sprints shall have three or more courses with the standard Orienteering USA classes spread reasonably among the courses offered. When offering the standard class structure, the sprint format must **be available to all advanced level classes. Courses for White/Yellow/Orange may be sprint or** an alternate format, clearly stated in the event announcement.

A.18.2.2 The Sprint format will be included in the United States Individual Orienteering Championships event.

#### **A.18.3 Technical Rules**

- A.18.3.1 **MAP:** Sprints use map Scale 1: 4,000 or 1: 5,000 with an appropriate contour interval, typically 2.5m, or other intervals if explicitly approved by Sanctioning Committee. Maps should endeavor to meet the specifications of ISSOM (Sprint mapping), especially for denser, urbanized settings. Otherwise ISOM standards shall be used.
- A.18.3.2 **TERRAIN SELECTION:** Sprint terrain must be very runnable, with geometry that is complex at high speed. This can include urban, campus, parkland, and some forested terrains. Denser and more urbanized settings can create additional concerns with mapping, permissions, and policing.
- A.18.3.3 **COURSE TYPE:** A Sprint course will be a point to point course.
- A.18.3.4 **COURSE PLANNING:** A Sprint course should combine high speed map reading and quick decision making with technically easy controls. The challenge should be in navigating through complex environments at high speed, to control sites that are technically easy for advanced level orienteers. Controls should be primarily on advanced beginner (Yellow) level, or Intermediate (Orange) level sites with nearby relocation options. Courses should include changes of direction, route choice as the terrain allows, and promote spectator opportunities. Unlike other formats, organizers may allow spectators throughout the course.

#### **A.18.4 Scoring and timing**

- A.18.4.1 The start interval for Sprints must be no less than 30 seconds, with 1 minute recommended.
- A.18.4.2 The time limit for Sprints will be 1 hour
- A.18.4.3 **WINNING TIME:** Sprint winning time should be 12-15 minutes for all classes, preferably in the lower end of this range. If part of a multiple-course day, winning times should be reduced to 5–15 minutes.
- A.18.4.4 Lowest elapsed time determines a Sprint race winner.
- A.18.4.5 Sprints may be timed to the tenth of a second.

### **A.19 Middle**

#### **A.19.1 Definition**

- A.19.1.1 **EMPHASIS:** Middle format emphasizes technical orienteering.
- A.19.1.2 **COMPETITION:** Middle format races are individual competitions.

#### **A.19.2 Course/Class structures**

- A.19.2.1 Middle format races will have the standard Orienteering USA course class structure.

A.19.2.2 The Middle format will be included in the United States Individual Orienteering Championships event.

### **A.19.3 Technical Rules**

A.19.3.1 MAP: Middle format uses map Scale 1:10,000 with Contours 5m or 2.5m, or other intervals if explicitly approved by Sanctioning Committee. ISOM standards apply.

A.19.3.2 TERRAIN SELECTION: Middle course terrain should be very technical, or at least as technical as possible for a given region. Technical difficulty should be created by the presence and complexity of details, not the absence of features, or their lack of definition. Variety in the terrain character and vegetation conditions is desirable. Suitable terrain for beginner courses must still be provided.

A.19.3.3 COURSE TYPE: A Middle format course will be a point to point course.

A.19.3.4 COURSE PLANNING: The Middle course should be full of technical orienteering. Courses shall promote detail intensive navigation and use technically difficult, but fair, control sites. Variety in the terrain conditions, leg lengths, and changes in direction are desirable. Route choice is desirable, but not at the expense of reducing the technical challenge.

### **A.19.4 Scoring and timing**

A.19.4.1 The start interval for middle format will be no less than 2 minutes.

A.19.4.2 The time limit for middle format will be 2 hours

A.19.4.3 WINNING TIME: Winning time for Middle race is 30 – 40min for M/F-21+, 25-35 min for other classes. If part of a multiple-course day, the winning times for all courses should be reduced to 20 – 30min.

A.19.4.4 Lowest elapsed time determines winner for Middle format races.

## **A.20 Long/Classic**

### **A.20.1 Definition**

A.20.1.1 EMPHASIS: The Long format emphasizes all orienteering skills.

A.20.1.2 COMPETITION: Long format races are individual competitions.

A.20.1.3 The term *Classic* refers to Long Format courses designed for multiple days of competition and with corresponding reduced winning times.



### **A.20.2 Course/Class structures**

- A.20.2.1 Long format races will have the standard Orienteering USA course class structure.
- A.20.2.2 The Long format will be included in the United States Individual Orienteering Championships event.
- A.20.2.3 The Classic format is the basis for the United States Two Day Classic Orienteering Championships. Awards are based on two-day total time results.

### **A.20.3 Technical Rules**

- A.20.3.1 MAP: Scale 1: 15,000 is encouraged for M/F-21+ courses, but if not practical, 1:10,000 is acceptable. For all other classes, 1:10,000 is standard, with Contours 5m or 2.5m, or other intervals if explicitly approved by Sanctioning Committee. ISOM standards apply.
- A.20.3.2 TERRAIN SELECTION: Long course terrain can vary by region, but should contain some technical interest. Variety is always desirable. It is also desirable to have either pleasant vegetation, or route choice possibilities around thick vegetation. The terrain should not be excessively hilly, thick, or dangerous. It should be large enough to accommodate a suitable M-21+ course, but also must contain a section suitable for beginner courses.
- A.20.3.3 COURSE TYPE: A Long format course will be a point to point course.
- A.20.3.4 COURSE PLANNING: Long courses should provide as many challenges, and variety as the terrain allows. Route choice and long legs should be featured, as well as changing conditions and leg lengths. Technical difficulty should be generally high, but easier sections can contribute to change of pace.

### **A.20.4 Scoring and timing**

- A.20.4.1 The start interval for Long shall be no less than 2 minutes.
- A.20.4.2 The time limit for Long shall be 3 hours
- A.20.4.3 WINNING TIMES: The competition times for an orienteer with a ranking score of 100 for Long and Classic Courses are:

COURSE	LONG	CLASSIC
White	20-30 min	20-30 min
Yellow	30-45 min	25-40 min
Orange	40-55 min	35-50 min
Brown	45-55 min	40-50 min
Green	50-65 min	45-55 min
Red	70-90 min	60-75 min
Blue	80-100 min	70-80 min

A.20.4.4 LONG: Lowest elapsed time determines winner.

A.20.4.5 CLASSIC: Total time over multiple races determines winner.

## **A.21 Ultra Long**

### **A.21.1 Definition**

A.21.1.1 EMPHASIS: Endurance, route choice, and rough map reading.

A.21.1.2 Other formats not described by Orienteering USA rules that maintain fairness in competition, minimize luck as a factor and adhere to the Ultra Long Course requirements may be approved by the Sanctioning Committee. Any change of format must be clearly explained on the Meet Invitation.

A.21.1.3 COMPETITION: Ultra Long format races are individual competitions.

### **A.21.2 Course/Class structures**

A.21.2.1 Ultra Long format races will have the standard Orienteering USA course class structure.

A.21.2.2 United States Ultra Long Orienteering Championships will not be accepted for Championship Bid by the board of directors unless they are part of an event with another sanctioned race.

### **A.21.3 Technical Rules**

A.21.3.1 MAP: Scale 1: 15,000 (encouraged for M/F-21+) or 1:10,000 with Contours 5m or 2.5m, or other intervals if explicitly approved by Sanctioning Committee.

A.21.3.2 TERRAIN SELECTION: Terrain for Ultra Long courses should have high route choice potential and/or good rough map reading. Excessively thick or stony areas should be avoided. The area should be large enough to accommodate a suitable M-21+ course, but also must contain a section suitable for beginner courses.

A.21.3.3 COURSE TYPE: Ultra Long format course is a point to point course

A.21.3.4 COURSE PLANNING: Ultra Long courses shall feature long legs, and route choice legs. The courses may contain a variety of technical difficulties, but no controls should be set solely for technical challenge.

A.21.3.5 An "individual relay" format may be used for Ultra Long Courses. There is a mass start for each class or the whole group. The courses consist of several loops through the start/finish area where a map exchange is set up. The competitors will run the loops in various sequences, but all competitors in the same class will run the same loops.

A.21.3.6 REFRESHMENTS: In addition to the normal refreshment controls, at approximately 2/3 of the way through the Ultra Long courses there shall be a manned aid station with clearly marked food, a suitable electrolyte replacement drink, pure water, first aid supplies and evacuation facilities.

**A.21.4 Scoring and timing**

A.21.4.1 The start interval for Ultra Long will be no less than 2 minutes.

A.21.4.2 Mass starts are permitted at Ultra Long Course meets.

A.21.4.3 The time limit for Ultra Long Course shall be 5 hours.

A.21.4.4 Ultra Long Courses are Brown, Green, Red, and Blue. Yellow and Orange may be Ultra Long or Long in duration. A standard White course will be offered. The competition times for an orienteer with a ranking score of 100 are:

COURSE	ULTRA LONG Winner's Time
White	20-30 min
Yellow	50-75 min or LONG standard
Orange	70-90 min or LONG standard
Brown	80-95 min
Green	90-105 min
Red	120-150 min
Blue	140-180 min

A.21.4.5 Lowest elapsed time determines winner.

## **A.22 Relay**

### **A.22.1 Definition**

A.22.1.1 EMPHASIS: Team competition, in a mass start format. In the relay event the runners in each relay team complete their individual segments sequentially. A relay team has two or more runners. Each runner completes a course as in an individual event.

A.22.1.2 Championships?

### **A.22.2 Team Classes and Composition**

A.22.2.1 Teams shall consist of at least at least two (2) competitors.

A.22.2.2 Teams shall be categorized by total points based on the orienteering age and gender of their members. The exact number of categories/points for a specific event shall be decided by the event organizers (see L.2.b.2 below).

A.22.2.3 The point system and categories for a specific relay event, as decided upon by the event organizer(s) and approved by the sanctioning committee, must be announced 6 months before the race, preferably in the sanctioning application, and made available to all interested parties. If no such announcement is made, the point system and categories for that specific event revert to the defaults described below.

A.22.2.4 In the event that no specific category/point system is established by the event organizers prior to the time limits set forth in rule L.2.b.2, the following default category/ point system is to be followed:

- o) Ages 17-20 or 35-49 receives 1 point
- p) Ages 15, 16 or 50-59 receives 2 points
- q) Under 15 years of age or 60 and older receives 3 points
- r) A female orienteer receives 2 points, in addition to any age points.
- s) Examples: 15-year old female = 4 points; 47 year old male = 1 point;
- t) 23 year old male = 0 points
- u) Team point categories are 4-point, 8-point, and 12-point.

A.22.2.5 There shall be a minimum of two team categories in any relay event. Other categories may be added at the discretion of the event organizers.

### **A.22.3 Championship Structure**

A.22.3.1 Teams shall consist of at least four (4) competitors for U.S. Relay Championship categories

A.22.3.2 U.S. Championship categories/courses shall be as follows:

- v) Lowest point teams shall have no more than two segments of Orange (moderate) level difficulty, the remaining segments being equivalent to Brown through Red difficulty.
- w) Medium (to High) point teams shall have no more than one segment of Yellow (easy) level difficulty, no more than one segment of Orange (moderate) level, any other segment equivalent to Brown through Red difficulty.
- x) Optional - High point teams shall have no more than two segments of Yellow (easy) level difficulty, no more than two segments of Orange (moderate) level, any other segment equivalent to Brown through Red difficulty.

A.22.3.3 ELIGIBILITY: U.S. Relay Orienteering Championship teams represent chartered Clubs. All team members must compete for their primary club and meet the individual U.S. Champion eligibility requirements [<reference>](#).

#### **A.22.4 Technical Rules**

A.22.4.1 Relays may be made up of legs of Sprint, Middle, or Long Format. Map and Course Design considerations for each leg will follow the applicable rules.

A.22.4.2 TERRAIN SELECTION: Choosing terrain with an arena for the start, finish, exchange, and spectating is extremely important for the relay event. The terrain should provide a fair test of orienteering for all skill levels, and shall not be so extreme physically or technically, as to exaggerate team separation. Varying visibility conditions are desirable.

A.22.4.3 Relays shall be made up of at least two segments.

A.22.4.4 Each relay team competing in the same category shall run the same combination of legs, whether in the same order or in a different order shall be at the discretion of the event organizers.

A.22.4.5 COURSE PLANNING: Relay courses should provide spectating opportunities, most typically at least one loop through the spectator area, in addition to the final approach to the Finish. The courses shall test all skills as the terrain allows, with a special attention to route choice and varied visibility to increase the competitive excitement. The course design may incorporate a forking system, provided that all teams ultimately run the same legs, and the last section of the last leg, roughly 1.0km, must be common for all teams.

#### **A.22.5 Scoring and Timing**

- A.22.5.1 Start formats are at the discretion of the organizers. On the second and each of the subsequent legs a changeover between the runners on each team takes place by touching, either by way of direct physical contact or using an object (such as a stick, or a map) within a limited space immediately after the line where the elapsed time is measured. Competitors waiting for the return of their teammates may be started with a mass start at a time determined by the event organizers.
- A.22.5.2 A mass start shall be used for the first leg of the U.S. Relay Orienteering Championships.
- A.22.5.3 For mass starts the time limit must at minimum be the winning time, plus any mass start delays the organizers add for the legs after the first start. The organizers will have to announce the time limit before the start.
- A.22.5.4 For a sequential start, the organizers will have to announce the time limit before the first start.
- A.22.5.5 WINNING TIMES: Maximum 150 minutes for each championship category. Winning times may be less for relays with fewer legs or shorter formats.
- A.22.5.6 The results are determined using the combined time of the competitors in a team. For a mass start relay event, if the last leg runners finish together, the position of the team is determined by the finish order of the last leg runner.
- A.22.5.7 Awards will be given to the three fastest club teams in the categories used at the event.

## **A.23 Night**

### **A.23.1 Definition**

- A.23.1.1 A *Night* competition shall be run entirely in the dark. The first start shall be at least 15 minutes after the end of civil twilight, and the last at least the time limit plus 15 minutes before the beginning of civil twilight.
- A.23.1.2 The U.S. Night Orienteering Championships shall be a Long format race.
- A.23.1.3 COMPETITION: Night races are individual competitions.

### **A.23.2 Course/Class structures**

- A.23.2.1 Night races will have the standard Orienteering USA course class structure.
- A.23.2.2 United States Night Orienteering Championships will not be accepted for Championship Bid by the board of directors unless they are part of an event with another sanctioned race.

### **A.23.3 Technical Rules**

- A.23.3.1 Night races may be Sprint, Middle, or Long Format. Map and Course Design considerations will follow the applicable rules.
- A.23.3.2 Ideally, area lighting in any area of the competition other than areas designated by the event organizers as necessary for the successful and safe completion of the event will not be used. The organizers shall make the competitors aware of such areas.
- A.23.3.3 A light or reflecting device may be included with or may substitute for the control flag, as the event organizers shall decide and publicize.
- A.23.3.4 No control site shall be placed in, or close enough for the control site to be affected by any area using fixed point, artificial lighting, when the fixed point, artificial lighting in that area varies in an unpredictable manner.

#### **A.23.4 Competitor's Equipment**

- A.23.4.1 In addition to the equipment normally allowed on a course [<reference>](#) the competitor is also required to carry a light source. A backup light source may be carried in case of failure.
- A.23.4.2 No open or contained flame shall be used by a competitor, except in the case of emergency. In the event of such an emergency, the competitor will be given a SPW finish.

#### **A.23.5 Safety**

- A.23.5.1 In a Night Orienteering race, the event officials shall take due care to minimize the hazards and risks to the competitors, spectators, and those assisting with the event, and to publicize, in a suitable manner, those risks and hazards specific to the event site.
- A.23.5.2 Any routes or crossings which require marking to direct the competitor along a fixed route or direction, or to warn them away from a hazard, shall not be part of a Night Orienteering course. Exceptions to this rule shall be the start and finish chutes.
- A.23.5.3 Any hazardous, impassable, or uncrossable feature, other than fences, shall not be used as a control site, or probable route choice.

#### **A.23.6 Scoring and timing**

- A.23.6.1 Start intervals, time limits, and winning times shall depend on the format (Sprint, Middle, or Long) of the Night race. See the applicable section of the rules.
- A.23.6.2 Lowest elapsed time determines winner.

#### **A.24 Control Set-up**

- A.24.1 A Control Flag shall mark each control location. The control flag consists of three squares arranged in triangular form. Each square is a 30cm X 30cm and is divided diagonally, one half being white and the other half orange (ideally PMS 165). At least two of the white triangles shall be adjacent to the upper edge of the control flag. (Additional color of blue stripe 2.54 to 5.08 cm wide, centered, vertically or along the diagonal divide is allowed)
- A.24.2 Every control flag shall have a code card and marking device/s associated with it. The relative arrangement of the control flag, control code, and marking devices shall be the same for all the control locations on a course.
- A.24.3 The control flag shall be hung at the feature indicated on the map. The actual position shall be in accordance with the control description.
- A.24.4 The control flag shall be visible by the competitor upon reaching the described location at the feature.
- A.24.5 Ideally control flags shall be situated so that the presence or absence of competitors does not make them easier or more difficult to locate.
- A.24.6 A Control Code shall identify each control location. The control code shall be a number, not less than 31 or greater than 255. The same code shall be included on the control description sheet. The figures shall be black; approximately 5-10cm high with a line width of approximately 5-10mm. Ideally the competitor will only be able to read the codes when immediately at the control flag.
- A.24.7 There shall not be other confusing figures or marks on the control flag.
- A.24.8 It is recommended that numbers or letters that can improperly be read upside down not be used (i.e. 86 - 98). If, however, they are used they shall have a line drawn beneath them to indicate the proper stance.
- A.24.9 Every control shall have control card marking device/s. If only manual punching is used, then only a manual punching device is required. If electronic punching is used, then both a manual and electronic punching device shall be provided.
- A.24.10 To minimize competitors waiting for a marker there shall be an ample number of marking devices at each control location. This is particularly important at the early controls when a mass start is used.
- A.24.11 **MANNED CONTROLS:** Any control location may be manned. When so manned, the number of each of the competitors visiting the control location and the time at which they punched may be recorded. The control official shall neither disturb nor retain any competitor nor supply any information as to time, position nor anything else. The official shall remain quiet, wear inconspicuous clothes and shall not help competitors approaching the control flag. These regulations apply also to all persons at media, communication, refreshment controls and spectator points.



- A.24.12        **REFRESHMENTS:** On each course refreshments consisting of at least potable water shall be provided at least every 2.5 km. Refreshments shall be provided at the start and finish and at appropriate control flags and indicated on the description sheets as such. At least 0.25 liters (8 oz.) of water shall be available for every competitor at each refreshment stop. Because fairness requires that water be available to the last competitors who visit a refreshment stop, substantially more water than this may be necessary, particularly in hot weather and at refreshment stops later in the course.
- A.24.13        Additional refreshment locations are recommended in the event of hot weather. These additional locations need not be at control locations but must be indicated on the map.
- A.24.14        Water must be offered in a sanitary manner such that it is not practical for competitors to drink from “community drinking jugs.”

## **A.25 Punching Systems**

### **A.25.1 Manual Punching**

- A.25.1.1        The control card may be attached to or printed on the map. Alternately the control card may be handed out separately at least 10 minutes before a competitor's start time.
- A.25.1.2        Competitors shall be responsible for marking the control cards provided by the organizers clearly and in the correct box at each control location using the marking equipment provided, and handing in their control card at the finish. When competitors mark an incorrect box they should continue the correct sequence beginning in the next box. Disqualifications will be decided on by the organizer.
- A.25.1.3        The organizer may have the control card checked and/or marked by officials at the control locations.
- A.25.1.4        When competitors lose their control cards, or a control mark is missing, or it is established that the control locations were not visited in the prescribed order the competitor shall be disqualified unless an alternate proof is provided and accepted by the organizer.
- A.25.1.5        The control card, when not printed on the map, shall not exceed 10cm by 21cm and shall be made of an adequately sturdy material.

### **A.25.2 Electronic Punching**

- A.25.2.1        IOF approved electronic punching systems may be used in lieu of other punching systems, including the traditional pin punch system.
- A.25.2.2        The only automatically approved electronic punching systems are

- y) The *Emit* Electronic Punching and Timing system. If this system is used, the label attached to the competitor's electronic control card for backup marking must be such that it will survive the conditions likely to be encountered during a competition (including immersion in water).
  - z) The *SportIdent* system. If this system is used, a backup unit must be present at each control--either a second electronic unit or a manual marking device. It is the competitor's responsibility to ensure that the electronic punch has been written to the e-card by not removing the e-card until the feedback signal has been received.
- A.25.2.3 If electronic punching is utilized, the electronic control card must show that all controls have been visited in the proper order.
- A.25.2.4 If the electronic punch unit fails to respond, the competitor shall use the backup device as defined in the meet information to prove his or her presence at the control.
- A.25.2.5 The organizers are responsible for directing the competitors to the clear and check stations provided in the call up area.
- A.25.2.6 The competitor is responsible for bringing the e-card to the start. The competitor is responsible for clearing and checking the e-card, before being called up, in the stations provided by the organizers.
- A.25.2.7 The competitor is responsible for punching the start, if required by the organizer, and all controls on the course as well as the finish.
- A.25.2.8 The competitor is responsible for downloading the e-card data in the station provided by the organizers.
- A.25.2.9 The organizers are responsible for directing the competitors to the download station.

## **A.26 Control Descriptions**

- A.26.1.1 The control description serves to clarify the picture of the control site as it appears on the map. It shall describe the control site accurately, but as briefly as possible.
- A.26.1.2 The control descriptions shall correspond to the *International Specification for Control Descriptions* of the IOF on all but the White and Yellow courses.
- A.26.1.3 On the White and Yellow courses English words approximating the meanings and order of the IOF symbols shall be used. When possible they should be adjacent to the IOF symbols.
- A.26.1.4 All the refreshment controls on a course shall be indicated on the control description sheet.

## **A.27 Out-of-Bounds**

A.27.1 It is forbidden to cause damage in the competition terrain. The competitors are solely responsible for their damage.

A.27.2 The competitor shall not enter the following areas except when specific permission is included in the Event Information:

- aa) Yards and gardens;
- bb) Sown land and land with growing or standing crops
- cc) Limited access highways or fenced railways
- dd) Areas marked “out of bounds”
- ee) Buildings

A.27.3 In consideration of nature conservation, the land owners, and others, the crossing of fences and ditches, as well as passing across forest plantations, shall occur in such a way that no damage is done. Barriers and gates opened by the competitor shall be closed by same.

## **A.28 Start**

A.28.1 The start order shall be determined by the Meet Director or his/her designate with the principle of fairness kept in mind.

A.28.2 At U.S. Championship events, the starting order shall be designed such that top ranked competitors and those with the same interests (same college or club) start as far apart as possible.

A.28.3 The starting list of registered competitors shall be officially declared at least 15 hours before the first start time.

A.28.4 For individual starts the runners on each course start one by one at intervals as specified in the appropriate course format section. Ideally all starting intervals on a course are equal.

A.28.5 The competitors take their competition maps at the starting time at the start location or after the starting time at the map issue point.

A.28.6 The start location and the map issue point shall be situated in such a way that before the starting time a competitor will not be able to see which route the previous runner takes. When possible the start location shall also be situated such that competitors arriving at the finish cannot communicate with those waiting to start.

A.28.7 The use of a mass start shall be announced in the Invitation and is to be used only when permitted elsewhere by these rules or with the permission of the sanctioning committee. <references>

A.28.8 If competitors are late for their start through their own fault they shall be started as soon as practically possible. The actual time of their start shall be noted on their map, or a start list at the start location. Their time will still be computed, however, from their original start time given in the official start list except as below.

A.28.9 At the discretion of the organizer late starters may have their actual start times substituted for their official start times when this can be done for all late starters within a class on the same day.

A.28.10 If through the fault of the organizer any competitors miss their start they shall be given a new one.

A.28.11 Events using electronic punching may use an electronic start punch to determine the actual start time for timing purposes.

### **A.29 Finish/Timing**

A.29.1 After crossing the finish line the competitors shall hand in their control cards or move to the download station. When required by the organizer, competitors may have to turn in their maps at the finish line.

A.29.2 At the finish there shall be first aid supplies and refreshments.

A.29.3 The finishing time shall be measured when the competitor's chest crosses the finish line or when the competitor punches at the finish line. Times will be truncated to full seconds, except in sprint races, when timing to the tenth of a second may be allowed. Times shall be given in minutes and seconds, except in sprint races when times may be given in minutes, seconds, and tenths of a second.

A.29.4 Except in competitions with mass or chasing starts, if more than one competitor has the same running time, they shall be given the same finishing place, and the results should show the same place number for both. When practical they should be listed in the order in which they started.

A.29.5 In competitions with mass or chasing starts, finish judges shall rule on the final placing. Runners finishing together will be placed in finish order. If this occurs at a relay event, the position of the team is determined by the finish order of the last leg runner.

A.29.6 Competitors who omit one or more control marks shall be listed as "did not finish" (DNF). If the absence of a control mark is not the fault of the competitor (i.e. missing or broken punch) and the competitor states that he/she visited all the control locations in the proper sequence, in the absence of proof to the contrary the competitor will not be disqualified.

A.29.7 Competitors who mark at an incorrect control in place of the correct one shall be listed as "mispunch" (MSP).

- A.29.8 Competitors who can be proved to have visited the control points in the wrong order shall be disqualified (DSQ).
- A.29.9 Under special circumstances a competitor may have their results posted as “sporting withdrawal” (SPW) and will be able to use their attendance to qualify for ranking but will not be eligible for placing or awards at the meet. They may, however, be recognized when appropriate.
- A.29.10 The meet director may assign SPW to any competitor who aborts a run to aid an injured runner.
- A.29.11 All competitors shall be given equal amounts of competition time to complete their courses. Unless a longer or shorter time is declared in the Meet Information the competition time limit shall be as specified in these rules for each format. Competitors completing a course in a time greater than the competition time limit will be recorded as overtime (OVT) and will not receive a time or place.
- A.29.12 All competitors whether finished or not shall report to the finish by the announced closing time of the finish.
- A.29.13 Within one hour of the close of the finish, provisional results shall be displayed in the vicinity of the finish or the announced location.

### **A.30 Awards**

- A.30.1 Awards in the various classes shall be appropriate to the number of competitors in the class and the importance and nature of the event.
- A.30.2 The top three finishers in each Championship class who are eligible for Championship titles at any U.S. Orienteering Championship shall receive a U.S. Championship award, regardless of overall place. Championship awards shall be provided to the event organizer by Orienteering USA. See Appendix <ref>, U.S. Orienteering Championship Award Guidelines

### **A.31 Protests and Jury**

- A.31.1 Complaints against infringements of the rules by the organizers or a competitor or accompanying parties shall be made in writing to the organizer as soon as possible. A complaint is adjudicated by the organizer. The complainant and any other affected parties shall be informed about the decision immediately.
- A.31.2 Complaints must be made within one hour of the previously announced time of closure of the finish, or of the actual closure of the finish, whichever is later. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint.
- A.31.3 If a complaint is against a provisional result it shall be raised within one hour of the results being posted.

- A.31.4 Protests against the decision of a complaint shall be made in writing to the organizer within one hour of the announcement of the complaint decision.
- A.31.5 All protests filed before the event has disbanded shall be dealt with by the Jury.
- A.31.6 No fee shall be charged to file a complaint or protest.
- A.31.7 The Meet Director shall appoint a Jury of at least three people from widely separated clubs or foreign delegations as appropriate. Members of the Jury shall not be members of the Orienteering USA Grievance Committee or Orienteering USA Executive Committee. Ideally, Jury members will not be competitors whose results could be affected by their decision.
- A.31.8 The duties of the Jury shall be to deal with infringements of the Rules and any other questions arising out of protests.
- A.31.9 The basis for the decisions by the Jury shall be these *Orienteering USA Rules for Orienteering*.
- A.31.10 In the event of a protest the Jury shall interpret these rules with regard to the specific situation surrounding the protest to determine whether the fairness of the event has been compromised and disqualifying conditions exist.
- A.31.11 The Course Consultant, Vetter, and a representative of the organizers may attend and participate at Jury meetings, but shall have no vote.
- A.31.12 The Jury forms a quorum when all members are present. If a member is prevented from attending the Meet Director must nominate a substitute member.
- A.31.13 When in response to a complaint or protest the organizer or Jury determines that any of the following conditions have existed for a substantial group of competitors in a class, then the class or course shall be voided.
- a) A control flag is missing.
  - b) A control flag, the start, or the finish is not within the marked circle or triangle.
  - c) A control flag is on the wrong feature.
  - d) The code at the control is different from that on the control description sheet.

- A.31.14 When in response to a complaint or protest the organizer or Jury determines that unfair conditions affected a substantial number of competitors and probably had an impact on the results then the class or course shall be voided.
- A.31.15 If electronic punching is utilized, the organizer or Jury is specifically prohibited from trying to salvage a problem course by deleting the times of the affected legs from the total elapsed time of that course.
- A.31.16 When in response to a complaint or protest the organizer or Jury determines that a competitor has violated these rules it may disqualify the competitor.
- A.31.17 When in response to a complaint or protest the organizer or Jury determines that a rule has been broken and the effect on the results is minor and only a few competitors have been affected, then the organizer or Jury may allow, request or require a Sporting Withdrawal (SPW) by the affected competitors. Competitors may not elect a Sporting Withdrawal (as used in this rule) without the consent of the organizer or Jury. (See also ranking rules [<ref>](#))
- A.31.18 If a gross infringement in rule A.32[<ref>](#) (Fairness) is discovered after a meet has disbanded the protest shall be filed directly with the Orienteering USA Board of Directors. The Board shall take whatever action it deems necessary.
- A.31.19 Decisions of the Jury may be appealed in writing to the Chairperson of the Orienteering USA Grievance Committee within seven days after the ruling of the jury.

## **A.32 Fairness**

- A.32.1 All persons who take part at an orienteering event (competitors, organizers, team managers and so on) shall demonstrate a high degree of fairness, a sporting attitude, a spirit of comradeship and honesty.
- A.32.2 It is forbidden to obtain outside help or collaborate in running or navigation except when entered as a group or in a non-competitive class.
- A.32.3 A competitor shall not seek to obtain unfair advantage over fellow competitors, nor intentionally run with or behind other competitors during the event in order to profit from their skill.
- A.32.4 Prior investigation of the competition area is forbidden.
- A.32.5 Leaders of the event are obliged to bar entrants from competing (but not from participating in the event) when they are so well acquainted with the terrain that they would derive substantial advantage over others. In the event of a protest, the matter is decided by the Jury.
- A.32.6 A competitor wishing to retain eligibility shall not seek to obtain an unfair advantage by communicating with other competitors, team officials, event officials, journalists, spectators or others before or during the competition.

- A.32.7 The competitor is obliged to show respect for other competitors, leaders, land owners or administrators, officials, journalists, spectators, and others as well as residents of the competition terrain and areas.
- A.32.8 The use of drugs prohibited by WADA is forbidden. The *IOF Anti-Doping Rules* are considered a part of this rules document. Medically necessary drugs prescribed by a physician and for which the physician certifies that no suitable non-prohibited substitutes are available may be used.
- A.32.9 Competitors for whom the preponderance of evidence shows that they have broken these Rules may be disqualified from the event by the organizer or, in response to a protest, by the jury.
- A.32.10 Competitors for whom the preponderance of the evidence shows that they have intentionally broken these Rules causing a course to be voided may be disqualified by the Jury from the current event as well as future Orienteering USA events for a period of up to two years.
- A.32.11 The organizer must stop, and postpone or cancel a race if at any point it becomes clear that circumstances have arisen which make the race dangerous for the competitor, officials or spectators.
- A.32.12 The organizer must void a race if circumstances have arisen which make the race significantly unfair.

### **A.33 Competitor Conduct**

- A.33.1 The competitors take part at their own risk while traveling to the event, in the training event, and in the event itself.
- A.33.2 Competitors shall not give help or do harm to other competitors, and shall not intentionally draw their attention.
- A.33.3 It is the duty of each competitor to help anyone who is injured.
- A.33.4 Care will be taken when running along or crossing traffic routes.
- A.33.5 Competitors must follow sections of the course marked as required routes.
- A.33.6 Once competitors cross the finish line their competition is over, and they shall not return to the competition area without permission from the organizer.
- A.33.7 Competitors who do not finish (DNF) must report to the finish and return their control card and map. They shall in no way attempt to influence the competition or other competitors.
- A.33.8 Competitors shall not drink from water jugs in such a way that they contaminate the water others must use, and they shall not waste the water. Each competitor shall avoid using more than 8oz of water at any one refreshment control unless they need additional water to drink.



## **A.34 Equipment**

- A.34.1 So long as the particular conditions in the area (i.e. danger of infection) do not necessitate otherwise, choice of clothing shall be up to the individual. In forested terrain, it is strongly recommended that the competitor's legs be completely covered. When the organizers require particular clothing it shall be announced in the Meet Invitation.
- A.34.2 The organizers may require competitors to wear identifying numbers on a bib on the chest and/or the back. The competitor must not conceal any information on the bib. The bib shall not be larger than 20cm by 24cm. The numerals shall be at least 12cm high.
- A.34.3 During the competition only a compass and the map and control descriptions provided by the organizer may be used for navigation. Personal aids not used directly for navigation are permitted. (e.g. magnifying glass, flashlight, cane, eyeglasses)
- A.34.4 Any equipment may be carried provided that it is not used for navigation or communication. (e.g. phones for safety, GPS devices for tracking and post-race analysis)
- A.34.5 Competitors shall travel only on foot unless otherwise specified by the organizers or by these rules.

## **A.35 Intercollegiate Special Rules**

### **A.35.1 Definition**

- A.35.1.1 Intercollegiate competition is an individual point to point format competition for eligible college students. Students compete for individual awards and can compete on teams for team awards.

### **A.35.2 Course Class Structure**

- A.35.2.1 In addition to the standard course/class structure the following Individual intercollegiate classes are added.  
ICVM: Intercollegiate Varsity Males on the Red course  
ICVF: Intercollegiate Varsity Females on the Green course  
ICJVM: Intercollegiate Junior Varsity Males on the Orange course  
ICJVF: Intercollegiate Junior Varsity Females on the Orange course

<b>Intercollegiate Individual 4 Classes</b>						
<b>White</b>	<b>Yellow</b>	<b>Orange</b>	<b>Brown</b>	<b>Green</b>	<b>Red</b>	<b>Blue</b>
		ICJVF		ICVF	ICVM	
		ICJVM				

A.35.2.2 Intercollegiate events may also include team classes as follows:

- ff) An Intercollegiate Varsity Team shall consist of up to 5 competitors made up of any combination of men and women who are eligible for Intercollegiate Varsity competition
- gg) An Intercollegiate Junior Varsity Team shall consist of up to 5 competitors made up of any combination of men and women who are eligible for intercollegiate junior varsity competition.

### **A.35.3 Intercollegiate Eligibility**

A.35.3.1 To be eligible to compete in an Intercollegiate class the competitor must meet the following two requirements:

- a) Be a full-time college or university student.  
(Undergraduate or graduate as defined by the college or university)
- b) Be less than 28 years old as of December 31 of the current year.

A.35.3.2 Junior Varsity competitors must have never competed in the Intercollegiate Varsity class.

### **A.35.4 Scoring**

A.35.4.1 Scores for each race are computed as follows:

- a) For each Individual Intercollegiate class, define AWT (the average winning time) as the average of the times of the top three individual competitors in that class (for Championships use only times from Team Championship-eligible competitors). In the event that there are fewer than three eligible competitors with a valid time in any intercollegiate class, the AWT shall be calculated as the average of the times of all eligible competitors with a valid time.
- b) For each competitor in each Individual Intercollegiate class with a valid result, their score is computed as  $60 * (\text{competitor's time}) / (\text{AWT for the class})$ .
- c) For competitors with an OT, MP, DNF or DSQ result, their score will be the larger of  $10 + [60 * (\text{course time limit}) / (\text{AWT for the male class})]$  and  $10 + [60 * (\text{course time limit}) / (\text{AWT for the female class})]$  for their team level (Varsity or JV).

A.35.4.2 *Team Scoring:* The best three scores from each race for each team are combined for a team score. Lowest overall team score wins.

A.35.4.3 *Individual Scoring:* The scores from each race are combined for each individual. Lowest combined score wins.

A.35.4.4 For calculation purposes the decimal should be carried as far as the used system will allow.

A.35.4.5 For display purposes the decimal should be carried one or two places, or as far as necessary to indicate an order or tie. Two decimal places are recommended.

### **A.35.5 U.S. Intercollegiate Orienteering Championships**

A.35.5.1 The U.S. Intercollegiate Orienteering Championships will consist of two races – either two Classic format races or one Middle and one Long format.

A.35.5.2 The following are the Championship classes at the U.S. Intercollegiate Orienteering Championships:

- d) Individual ICJVF
- e) Individual ICJVM
- f) Individual ICVM
- g) Individual ICFV
- h) Team School Junior Varsity
- i) Team School Varsity
- j) Team Club Varsity

A.35.5.3 Individual Intercollegiate CHAMPIONSHIP eligibility is as follows:

- k) Meet standard U.S. Championship eligibility requirements in section [<A.12.2>](#)
- l) Meet standard Intercollegiate class requirements in section [<A.35.3>](#).
- m) Have competed as an eligible competitor in fewer than four U.S. Intercollegiate Orienteering Championships.

A.35.5.4 Team Intercollegiate CHAMPIONSHIP eligibility is as follows:

- n) Be Orienteering USA members in good standing.
- o) Meet standard U.S. Championship eligibility requirements in section [<A.12.2>](#) OR be legally enrolled as a full-time student at a U.S. college or university.
- p) Meet standard Intercollegiate class requirements in section [<A.35.3>](#).
- q) Have competed as an eligible competitor in fewer than four U.S. Intercollegiate Orienteering Championships.

A.35.5.5 All Intercollegiate Championship SCHOOL TEAM members must meet the team eligibility requirements and attend school on the same campus.

A.35.5.6 All Intercollegiate Championship CLUB TEAM members must meet the team eligibility requirements, be primary members of the same Orienteering USA club and the team must not qualify as a school team.

A.35.5.7 Championship Awards will be given in accordance with rule [<A.30.2>](#). See Appendix [<ref>](#), U.S. Orienteering Championship Award Guidelines

## **A.36 Interscholastic Special Rules**

### **A.36.1 Definition**

A.36.1.1 Interscholastic competition is an individual point to point format competition for eligible K-12 students. Students compete for individual awards and can compete on teams for team awards.

### **A.36.2 Course/Class Structure**

A.36.2.1 The following eight classes will be added for Interscholastics competitions. These classes will be used in individual and team competition.

- r) Interscholastic Varsity Males (ISVM) compete on the green course and are in any grade through twelve.
- s) Interscholastic Varsity Females (ISVF) compete on the brown course and are in any grade through twelve.
- t) Interscholastic Junior Varsity Males (ISJVM) compete on the orange course and are in any grade through twelve.
- u) Interscholastic Junior Varsity Females (ISJVF) compete on the orange course and are in any grade through twelve.
- v) Interscholastic Intermediate Males (ISIM) compete on the yellow course and are in any grade through nine.
- w) Interscholastic Intermediate Females (ISIF) compete on the yellow course and are in any grade through nine.
- x) Interscholastic Primary Males (ISPM) compete on the white course and are in any grade through six.
- y) Interscholastic Primary Females (ISPF) are on the white course and are in any grade through six.

<b>Interscholastic 8 Classes</b>						
<b>White</b>	<b>Yellow</b>	<b>Orange</b>	<b>Brown</b>	<b>Green</b>	<b>Red</b>	<b>Blue</b>
ISPF	ISIF	ISJVF	ISVF	ISVM		
ISPM	ISIM	ISJVM				

A.36.2.2 Interscholastic events may also include team classes as follows:

- z) Interscholastic Varsity Teams consist of 3 to 5 students who are competing in the ISVM and/or ISVF classes.
- aa) Interscholastic Junior Varsity teams consist of 3 to 5 students who are competing in the ISJVM and/or ISJVF class.
- bb) Interscholastic Intermediate teams consist of 3 to 5 students who are competing in the ISIM and/or ISIF classes.
- cc) Interscholastic Primary teams consist of 3 to 5 students who are competing in the ISPM and/or ISPF classes.

### **A.36.3 Interscholastic Eligibility**

A.36.3.1 To be eligible to compete in an Interscholastic class the competitor must meet the grade requirements listed above and either be enrolled in a public or private school or be homeschooled.

### **A.36.4 Technical Rules**

A.36.4.1 Start intervals shall be no less than 2 minutes in accordance with the rules for specific course formats.

A.36.4.2 Students from the same team or school on the same course shall be started a minimum of 6 minutes apart. Maximum separation of such students is recommended to reduce the temptation for collusion on the course.

A.36.4.3 It is recommended that organizers plan separate courses for the Interscholastic classes. In the event that registered competitors fill up the maximum start window on a course, a separate course must be created for the Interscholastic classes.

A.36.4.4 In the event the start window fills up even with a separate course, a one minute start interval or a qualifying system may be used.

### **A.36.5 Scoring**

A.36.5.1 Scores for each race are computed as follows:

- dd) For each Individual Interscholastic class, define AWT (the average winning time) as the average of the times of the top three individual competitors in that class (for Championships use only times from Team Championship-eligible competitors). In the event that there are fewer than three eligible competitors with a valid time in any interscholastic class, the AWT shall be calculated as the average of the times of all eligible competitors with a valid time.

- ee) For each competitor in each Individual Interscholastic class with a valid result, their score is computed as  $60 * (\text{competitor's time}) / (\text{AWT for the class})$ .
- ff) For competitors with an OT, MP, DNF or DSQ result, their score will be the larger of  $10 + [60 * (\text{course time limit}) / (\text{AWT for the male class})]$  and  $10 + [60 * (\text{course time limit}) / (\text{AWT for the female class})]$  for their team level (Varsity, JV, Intermediate, or Primary).

A.36.5.2 *Team Scoring*: The best three scores from each race for each team are combined for a team score. Lowest overall team score wins.

A.36.5.3 *Individual Scoring*: The scores from each race are combined for each individual. Lowest combined score wins.

A.36.5.4 For calculation purposes the decimal should be carried as far as the used system will allow.

A.36.5.5 For display purposes the decimal should be carried one or two places, or as far as necessary to indicate an order or tie. Two decimal places are recommended.

### **A.36.6 U.S. Interscholastic Orienteering Championships**

A.36.6.1 The U.S. Interscholastic Orienteering Championships will consist of two races – either two Classic format races or one Middle and one Long format.

A.36.6.2 The following are the Championship classes at the U.S. Interscholastic Orienteering Championships:

- gg) Individual ISVM
- hh) Individual ISVF
- ii) Individual ISJVF
- jj) Individual ISJVM
- kk) Individual ISIM
- ll) Individual ISIF
- mm) Individual ISPM
- nn) Individual ISPF
- oo) Individual JROTC ISVM
- pp) Individual JROTC ISVF
- qq) Individual JROTC ISJVM
- rr) Individual JROTC ISJVF
- ss) Team School Varsity
- tt) Team School Junior Varsity

- uu) Team School Intermediate
  - vv) Team Club Varsity
  - ww) Team Club Junior Varsity
  - xx) Team Club Intermediate
  - yy) Team JROTC Varsity
  - zz) Team JROTC Junior Varsity
- A.36.6.3 To be eligible for U.S. Interscholastic Championship Individual awards an individual must be competing in one of the interscholastic classes and meet the requirements in section <A.12.2>.
- A.36.6.4 To be eligible for U.S. Interscholastic Championship TEAM awards every individual on a team must be competing in one of the interscholastic classes AND either meet eligibility requirements in section <A.12.2> OR be an Orienteering USA member in good standing and be legally enrolled full-time in a U.S. school.
- A.36.6.5 To be eligible as a SCHOOL Team
- a) Members must be enrolled full-time at the same private or public school.
  - b) Members must each be able to show school ID for the same school or, if the school does not issue IDs, a letter from the principal stating that the students are enrolled full-time at the school.
- A.36.6.6 Individuals who are homeschooled may be eligible to form a SCHOOL team under the following rules:
- c) All team members must be from the same geographical area. This area is defined as their county or city of residence or the public school district in which they reside, whichever area is geographically larger.
  - d) Individuals who are enrolled at a public or private school are not permitted to compete on a school team with homeschooled individuals
- A.36.6.7 To be eligible as a CLUB Team
- e) All team members must be primary Orienteering USA members of the same Orienteering USA sanctioned Orienteering Club.
  - f) The team must not be eligible as a SCHOOL or JROTC team.
  - g) The Coach of the Club Team must provide a letter stating that all members meet the eligibility requirements.
- A.36.6.8 To be eligible as a JROTC Team
- h) All team members must be enrolled in the same JROTC unit in accordance with the host military service requirements.

- i) JROTC teams may also compete as School teams if they meet the School team requirements above.
- A.36.6.9 Championship Awards will be given in accordance with rule <A.30.2>. See Appendix <ref>, U.S. Orienteering Championship Award Guidelines
- A.36.6.10 Traveling Cups are awarded to the top eligible teams in School Varsity, School Junior Varsity, School Intermediate, JROTC Varsity, and JROTC Junior Varsity classes.
- A.36.6.11 Awards in the JROTC classes may differ from standard U.S. Championship awards.

**A.37 Appendix – Course/Class Structure**

**A.38 Appendix – Course Split Guidelines**

**A.39 Appendix – NAOC Special Rules**

**A.40 Appendix – Championship Awards Guidelines**

**A.41 Appendix – Change History**

**A.42 Appendix – Future Projects**



## **B Rules for Rogaine Events**

### **B.1 Application and Enforcement of the rules**

- B.1.1 Rogaine events sanctioned by Orienteering USA shall be organized in accordance with the rules in this section.
- B.1.2 These rules shall be binding on all organizers, competitors, team officials and other persons connected with the organization or in contact with the competitors. The Orienteering USA Rogaine Committee shall supervise the application of the Rules. The Orienteering USA Rules Committee shall interpret the Rules and any questions should be so addressed.
- B.1.3 Event organizers, competitors and team officials must know these Rules and the Event Instructions. Ignorance of the Rules will not be accepted as a valid excuse for any infringement.
- B.1.4 These rules are based on the *International Rogaining Federation Rules for Rogaining*, which apply to National Championships and World Rogaine Championships.

### **B.2 Definitions**

- B.2.1 *Rogaine* events are conducted as long distance cross-country navigation for teams traveling on foot. The object is to score points by finding checkpoints located in the Rogaine area within a specified time. Checkpoints may be visited in any order.
- B.2.2 Rogaine- type events are also sometimes organized with competition on skis, bicycles, etc., or even in urban areas where public transport might be permitted. Such events work well with the same rule structure.
- B.2.3 An *Event* is a set of races and their attendant festivities and organizational aspects.
- B.2.4 The term *A-meet* is restricted to events which include races sanctioned by Orienteering USA.
- B.2.5 A *Race* is a single event component which consists of competitors starting and finishing a course.
- B.2.6 A *Competition* is one or more races which are used together as the basis for making awards.
- B.2.7 The term *Championship* in this section of the rules refers only to the United States Rogaine Championships.

B.2.8 A *Bid Event* is the Championship competition listed above or any event requiring IRF Sanctioning. The Orienteering USA Rogaine Committee first sanctions the bids for these events and then the Orienteering USA Board of Directors awards the bid.

### **B.3 Classification of Competitions**

#### **B.4 Sanctioning**

B.4.1 Applications to hold Orienteering USA sanctioned Rogaine events shall be made directly to the Orienteering Rogaine Committee Chairman <using forms available from the Sanctioning Committee?.>

B.4.2 The hosting group must be a *Regular Orienteering Club* as defined in the *Bylaws of the United States Orienteering Federation* or must enter into the *Orienteering USA Sanctioning Agreement* (Third-party sanctioning contract).

B.4.3 The host will pay the necessary sanctioning fees (Section 20) within four weeks of the closing of the event.

B.4.4 Within two weeks of receiving the application the Rogaine Committee will respond to the Meet Director. When the Rogaine Committee determines that the applying organization can successfully host a sanctioned event it will sanction the meet.

B.4.5 If the host requests exceptions to these rules, or if after sanctioning is received the host does not follow these rules and the procedures of the Rogaine Committee, then the Rogaine Committee may deny or remove sanctioning, or in extenuating circumstances authorize exceptions to these rules or Rogaine Committee procedures.

B.4.6 When the Rogaine Committee authorizes an exception to these rules these exceptions shall be clearly stated in the Invitation. In addition the Chairperson of the Rogaine Committee shall notify the Orienteering USA Executive Committee and the Chairperson of the Rules Committee as to the exceptions that were authorized.

B.4.7 Decisions of the Rogaine Committee may be appealed to the Executive Committee of Orienteering USA by sending a letter stating the reasons for the appeal to the President of Orienteering USA and a copy to the Chairperson of the Rogaine Committee.

#### **B.5 Key Personnel**

- B.5.1 The *Meet Director* is appointed by the host and listed on the sanctioning application and is responsible for overseeing all aspects of the event. The Meet Director shall insure that all the officials and assistants know and abide by these Rules. The Meet Director shall obtain all necessary permission from landowners, and forestry, state, and other pertinent officials and should aim for a good relationship with other users of the event site and site officials.
- B.5.2 The *Course Setter* is appointed by the host and listed on the sanctioning application and is responsible for designing and overseeing the setting of all courses.
- B.5.3 The *Course Vetter* is appointed by the host and listed on the sanctioning application and is responsible for checking all aspects of the course setting.
- B.5.4 The *Meet Registrar* is appointed by the host and listed on the sanctioning application and is responsible for handling the entries for the event.
- B.5.5 The *Map Coordinator* is appointed by the host and listed on the sanctioning application and is responsible for insuring the accuracy, appropriateness, and proper formatting of the maps used for competition.
- B.5.6 The five positions listed above must be covered by no fewer than three different people (Course Setter, Course Vetter, and one other key staff member).
- B.5.7 Questions about organizing a Rogaine shall be directed to the Orienteering USA Rogaining Committee.
- B.5.8 The organizers shall at all times be guided by a sense of fair play.

## **B.6 Reports and Fees**

- B.6.1 Within one week the official results shall be sent to the Rogaine Committee and made publicly available.
- B.6.2 Within four weeks sanctioning fees shall be remitted to Orienteering USA for each sanctioned race for each competitor entered in a competitive class. Fees are as for Foot Orienteering events (see A.6.2 through A.6.4)

## **B.7 Secrecy and Embargo**

- B.7.1 All those who are involved with the organizing of the event shall maintain the strictest secrecy regarding aspects of the venue, terrain and courses not officially publicized.
- B.7.2 Team officials and spectators shall not influence the competition, and shall remain in the areas that are assigned to them.
- B.7.3 No member of a team shall have been involved with the organization of the Rogaine so as to have a prior familiarity with the Rogaine course, fieldwork or map.

## **B.8 Bulletins**

- B.8.1 All information shall be supplied electronically or in writing in at least English.
- B.8.2 Preliminary Information (Bulletin 1) should be published immediately upon sanctioning. Details can be found in the Orienteering USA Sanctioning Guidelines.
- B.8.3 An Event Invitation (Bulletin 2) including all details necessary for event registration shall be published at least three months before the event. Details can be found in the Orienteering USA Sanctioning Guidelines.
- B.8.4 If a host chooses to have a registration cutoff or late registration penalty deadline, the date may not be earlier than 21 days before the first day of the meet (or meet series if there is a common registration deadline). The effective date for mailed registrations and payment shall be the postmark and for electronic registrations and payments the time stamp of confirmation messages. Organizers should be specific about the effect of time zones on electronic time stamps and late registrations.
- B.8.5 Event Information (Bulletin 3) that a competitor will need prior to traveling to the event shall be published at least one week before the event. Details can be found in the Orienteering USA Sanctioning Guidelines.
- B.8.6 Additional event information (Bulletin 4) shall be provided to the competitor upon check-in at the event. At a minimum, any information that was not published by one week prior to the event must be provided to each competitor in hardcopy format at the event.
- B.8.7 The host shall honor all published information unless extenuating circumstances necessitate a change.
- B.8.8 In extenuating circumstances information may be supplied orally.

## **B.9 OUSA Calendar**

- B.9.1 The Sanctioning Committee will maintain the Orienteering USA Orienteering Event Calendar and Event Planning Calendar.
- B.9.2 The Rogaine Committee will communicate with the maintainer of the calendar to place Rogaine events on the Calendar.

## **B.10 Class Structure**

- B.10.1 There is no class structure for Rogaine competition, only categories of teams. Teams are divided into categories of Men, Women, and Mixed for purposes of awards. Within each category, there is a division by age (on the first day of the event) into 4 subcategories.
  - a) Junior. All members of team 18 years of age or less.

- b) Open. No age restrictions
- c) Veteran. All members of team 40 years of age or greater.
- d) Superveteran. All members of team 55 years of age or greater.

B.10.2 Some teams may fall into multiple age categories. In this case the team is eligible for awards in all categories in which they meet the criteria. It is normal to give awards to the first three places in all categories, but a single physical award may be used for a team that has achieved awards in multiple categories.

B.10.3 The number of categories may be condensed (e.g. no Superveteran class).

B.10.3.1 U.S. Champions shall be declared in all Team Categories represented at U.S. Rogaine Championships.

<b>Rogaine Team Categories</b>		
<b>Men</b>	<b>Women</b>	<b>Mixed</b>
Junior	Junior	Junior
Open	Open	Open
Veteran	Veteran	Veteran
Superveteran	Superveteran	Superveteran

## **B.11 Eligibility**

### **B.11.1 General Eligibility**

- B.11.1.1 Any person desiring to compete is eligible except as set forth below or in special cases designated by the Executive Committee.
- B.11.1.2 Participation is open to all persons whether or not they are eligible for placings, provided that those not eligible for placings do not interfere with or disqualify eligible competitors. All other rules must be followed.

### **B.11.2 Championship Eligibility**

- B.11.2.1 Each member of the team must be a member of Orienteering USA.
- B.11.2.2 No member of the team may compete in the same calendar year for the same category of championship in any other national championships.

## **B.12 Entries**

- B.12.1 A team shall consist of two, three, four or five members.
- B.12.2 A team that has a member less than fourteen years of age shall also have a member eighteen years of age or over.
- B.12.3 Competition placing may be awarded in several categories based on the age and gender composition of teams. Each team shall be deemed to be entered for all categories of the competition for which it is eligible.

## **B.13 Maps**

- B.13.1 Maps for a Rogaine may be specifically produced for the event, or may be modifications of an existing (typically USGS) map with the addition of magnetic north lines, possibly additions to reflect changes in trails, roads, out-of-bounds areas, etc.
- B.13.2 Usually the scale of map should be between 1:24,000 and 1:63,360. Map scale must be announced to competitors well in advance of the event, preferably on the publicity announcements.
- B.13.3 The mapped area needed for a 24-hour Rogaine is typically 150 square kilometers or greater, with an optimal route choice requiring somewhat over 100 km to reach all control locations. The actual area of terrain in use might be somewhat smaller, but it is undesirable for safety reasons to place controls right at the edge of the mapped area, as going off map may be harder for recovery than in a shorter orienteering event.
- B.13.4 The map determines the suitability of control sites--the topographic information is usually much less detailed than on an orienteering map, and the control sites are necessarily placed on coarser features.

## **B.14 Courses**

- B.14.1 A Rogaine is traditionally 24-hour duration. For other events, shorter or potentially longer durations would be acceptable. It is common in the U.S. to concurrently run two or more different duration events on the same course.
- B.14.2 The U.S. Rogaine Championships shall be of the traditional 24-hour duration.
- B.14.3 It is usual to have approximately 50 to 60 control locations for a 24- hour rogaine. Explanations for substantially larger or smaller numbers of controls should accompany a sanctioning request.
- B.14.4 It is worthwhile to review the rather detailed suggestions for organizing a Rogaine on the International Rogaining Federation web site <http://www.rogaining.com/>

## **B.15 Control Set-up**

- B.15.1 Orienteering control markers are normally used to mark checkpoints. These must be supplemented with a sign-in sheet at which all teams must indicate their arrival time and intended next checkpoint as in accord with *<rule G.6>*.
- B.15.2 In addition, it is usual in the U.S. to provide some form of reflective marking at night (often a small PVC tube wrapped with reflective tape hung on the string for suspending the control flag, or small patches of reflective tape on the faces of the control markers), so that the range of visibility of the control flag is extended to a level similar to the daytime situation. This may not be necessary in low-vegetation parts of the country.
- B.15.3 Markers are to be hung at eye level if possible, with visibility both day and night in most directions of possible approach.
- B.15.4 A Control Flag shall mark each control location. The control flag consists of three squares arranged in triangular form. Each square is a 30cm X 30cm and is divided diagonally, one half being white and the other half orange (ideally PMS 165). At least two of the white triangles shall be adjacent to the upper edge of the control flag. (Additional color of blue stripe 2.54 to 5.08 cm wide, centered, vertically or along the diagonal divide is allowed)*
- B.15.5 Every control flag shall have a code card and marking device/s associated with it. The relative arrangement of the control flag, control code, and marking devices shall be the same for all the control locations on a course.*
- B.15.6 The control flag shall be hung at the feature indicated on the map.*
- B.15.7 A Control Code shall identify each control location. The same code shall be included on the map. The figures shall be black; approximately 6-10cm high with a line width of approximately 6-10mm. Ideally the competitor will only be able to read the codes when immediately at the control flag.*
- B.15.8 There shall not be other confusing figures or marks on the control flag.*

*B.15.9 It is recommended that numbers or letters that can improperly be read upside down not be used (i.e. 86 - 98). If, however, they are used they shall have a line drawn beneath them to indicate the proper stance.*

*B.15.10 Every control shall have control card marking device/s. If only manual punching is used, then only a manual punching device is required. If electronic punching is used, then both a manual and electronic punching device shall be provided.*

*B.15.11 To minimize competitors waiting for a marker there shall be an ample number of marking devices at each control location. This is particularly important at the early controls when a mass start is used.*

## **B.16 Refreshments**

B.16.1 It is usual to provide drinking water at several selected controls in the rogaine. If there are reliable sources of water (spring, lake or stream) naturally occurring at many places on the course which could be safely made drinkable with iodine or ultra filtration treatment these could be substituted. It shall be noted in the sanctioning request and all advance publicity about the event what approach will be taken towards the provision of water.

B.16.2 It is obligatory for the organizers of the event to provide food at the administrative headquarters for a stated period during the event. The food service should be continuous, and might typically last from 4 hours after the start until 1 hour after the finish. It is also standard for there to be camping facilities for the competitors also available at the event headquarters (for a 24-hour event).

## **B.17 Administration Areas**

B.17.1 Whenever a team visits an administration area, all team members are required to report together to the organizers and surrender their team's scorecard. The team shall only collect its scorecard immediately prior to leaving that administration area.

B.17.2 A team shall finish by all of the members reporting together to the designated finish administration area and surrendering their scorecard.

B.17.3 If a competitor wishes to withdraw from a team for any reason the entire team shall return to an administration area and notify the organizers. The original team shall be deemed to have finished the event. If a new team is formed it may be admitted to the competition at the discretion of the organizers but no points shall be credited for checkpoints already visited.

## **B.18 Start**



B.18.1 It is normal to have a period of planning time after issuance of the maps before competitors are allowed on the course, and this time is not counted in the duration of the event. A typical time allowance is two hours for a 24-hour event. This time should be stated in the meet announcement.

## **B.19 Scoring**

B.19.1 The event shall end at precisely the set number of hours after the actual starting time, both times as defined by the organizers' clock.

B.19.2 Teams finishing late will be penalized at the rate per minute or part thereof specified in advance by the organizers.

B.19.3 Teams finishing more than thirty minutes late shall be deemed ineligible for a placing and their result shall be recorded as overtime (OVT).

B.19.4 A team score shall be the value of the checkpoints visited and correctly verified in accordance with these rules, less any penalties. The team with the greatest score or in the event of a tie the team that finished earlier shall be awarded the higher placing.

B.19.5 The most common scoring schemes use the number used as the control code of the checkpoint to give the score value for the control. Usually it is worth either the value of the control code rounded down to the next lower multiple of 10 (e.g. control 67 is worth 60 points), or else exactly the value of the control number. Points are deducted for being overtime. The most common deduction scheme is 10 points per minute late. Other schemes might be acceptable, but should be explicitly discussed and explained at the time of a sanctioning request. Other scoring methods could be submitted to the sanctioning committee for consideration, but different schemes tried in the past have generally met with competitor dissatisfaction.

B.19.6 In the event of a checkpoint being damaged or deemed misplaced or missing by the organizers, teams shall be awarded the checkpoint score:

- a) If the punch is missing or damaged but the team has a correct record on the intention sheet.
- b) If the punch is missing and there is no intention sheet, but the team can satisfy the organizers that they visited the correct site.
- c) If a checkpoint is missing or misplaced but the team can satisfy the organizers that they visited the correct site.
- d) For a correctly recorded visit to a misplaced checkpoint.

## **B.20 Awards**

B.20.1 Awards will be given to the first three places in all categories, but a single physical award may be used for a team which has achieved awards in multiple categories.

B.20.2 The top three teams at the U.S. Rogaine Championships in each category who are eligible for Championship titles receive a U.S. Championship award, regardless of overall place. Championship awards shall be provided to the event organizer by Orienteering USA. See Appendix [<ref>](#), U.S. Orienteering Championship Award Guidelines

## **B.21 Penalties and Protests**

B.21.1 The penalty for breaching these rules is disqualification except for rules B.24.2 and B.24.4 for which the penalty is the loss of points for the checkpoint under consideration. Any team disqualified under this rule shall be recorded as disqualified (DSQ).

B.21.2 A team that breached any rule for any reason may voluntarily withdraw by advising the organizers immediately upon finishing. The team will be recorded as withdrawn (W/D).

B.21.3 Within forty-five minutes of finishing, a team may report in writing to the organizers about any team thought to have breached these rules, or may protest in writing to the organizers about any actions of the organizers that they consider made the competition unfair. Protests will be ruled on by a protest committee formed by the organizers.

B.21.4 A team that is not satisfied with any decision of the organizer's protest committee may appeal in writing to the Orienteering USA grievance committee within seven days of the publication of the official results. This committee shall have the power to overrule the organizers and to amend the results accordingly. Appeal of the grievance committee's decision may be made to the Orienteering USA Board of Directors.

## **B.22 Respect for Land and Property**

*Unless stated specifically by the organizers, the following shall apply:*

- B.22.1 Competitors shall not cross newly sown ground, growing crops or any area deemed out-of-bounds by the organizers, without specific permission by the organizers.
- B.22.2 Competitors shall keep a reasonable distance from dwellings and stock with young.
- B.22.3 Competitors shall take due care when crossing fences, crossing at corner posts, solid posts or between wires wherever possible. Each team shall leave gates in the same state as they were found.
- B.22.4 Competitors shall carry out or discard litter in appropriate containers.
- B.22.5 Competitors shall not light fires on the course. Fires may be lit in the administration areas if expressly allowed by the organizers.
- B.22.6 Competitors shall not smoke on the course.
- B.22.7 Competitors shall not unduly damage or disturb native flora or fauna.
- B.22.8 Dogs, firearms, and weapons of any kind are prohibited.

### **B.23 Competitor Conduct**

- B.23.1 Competitors shall not enter the course, after obtaining map and checkpoint information, until the official start is signaled.
- B.23.2 The only navigational aids that may be carried on the course are magnetic compasses, watches and copies of the competition map. The possession of other navigational aids, including pedometers, altimeters and GPS receivers on the course is prohibited, except that at the organizer's discretion, tracking GPS devices may be used if they have no display and/or they are sealed to prevent viewing.
- B.23.3 Cell phones may be carried for safety purposes only, and may not be used on the course unless there is an emergency. The organizers may decide to seal these phones, if carried.
- B.23.4 The use of relevant maps other than those expressly sanctioned by the organizers is prohibited.
- B.23.5 Computers may not be used by competitors for planning their strategy.
- B.23.6 Competitors shall travel only on foot unless otherwise specified by the organizers.
- B.23.7 Members of a team shall remain within unaided verbal contact of one another at all times while on the course. A team shall demonstrate compliance with this requirement to any event official or other team on request.
- B.23.8 A team shall surrender its score card to any event official, and shall advise their team number to any event official or other team, on request.

B.23.9 A team shall not accept assistance from, nor collaborate with, other people, nor deliberately follow another team.

B.23.10 No food or equipment shall be left on the course before the event for a team's use, and any food or equipment cached on the course by the team during the event must be brought back by the team with them to the finish.

B.23.11 Each competitor shall carry a whistle at all times on the course.

## **B.24 Checkpoints**

B.24.1 All team members shall simultaneously approach to within 20 meters, and within sight, of each checkpoint for which points are claimed. If a punch is used, the organizers may require that each team member record their punch within a short time period.

B.24.2 In order to gain points for a checkpoint teams must punch the scorecard provided by the organizers correctly with the punch at the checkpoint marker and fill in any intention sheet at the checkpoint with the time of arrival, the team number and the number of the checkpoint that they intend to visit next. If a team punches incorrectly, they must notify the organizers of the details of this immediately upon returning to the administration area to be eligible to be credited with that checkpoint.

B.24.3 In the event of the scorecard being lost, a team may record punch marks on any single sheet. The organizers will accept this so long as the punch marks are discernible, and the team can identify to the organizers the checkpoint number for each of the punch marks.

B.24.4 Competitors shall not deliberately rest within one hundred meters of a checkpoint unless the checkpoint is also a water drop.

B.24.5 Competitors shall not adversely interfere with a checkpoint, water drop or any other facility

## **B.25 Safety**

B.25.1 In an emergency the distress signal is 3 short blasts of the whistle repeated at intervals.

B.25.2 In the event of an emergency, a team shall give any assistance asked for. In such a case the assisting team shall not be penalized for any rules broken in the course of giving assistance.

## **B.26 Appendix – OUSA Championship Awards Guidelines**

## **B.27 Appendix – Change History**

## **C Rules for Ski Orienteering Events**

### **C.1 Application and Enforcement of the rules**

- C.1.1 Ski Orienteering Competitions and events sanctioned by Orienteering USA shall be organized in accordance with these rules.
- C.1.2 Rules for Foot Orienteering from section A may be applied to Ski Orienteering if not addressed in this section.
- C.1.3 These rules shall be binding on all organizers, competitors, team officials and other persons connected with the organization or in contact with the competitors. The Orienteering USA Ski Orienteering Committee shall supervise the application of the Rules. The Orienteering USA Rules Committee shall interpret the Rules and any questions should be so addressed.
- C.1.4 Event organizers, competitors and team officials must know these Rules and the Event Instructions. Ignorance of the Rules will not be accepted as a valid excuse for any infringement.
- C.1.5 These rules take precedence over the *Competition Rules for International Orienteering Federation (IOF) Ski Orienteering Events* except for:
- e) IOF sanctioned events hosted in the United States
  - f) International events when so agreed by the participating nations

### **C.2 Definitions**

- C.2.1 *Orienteering* is a sport in which the competitors navigate independently through the terrain. Competitors must visit a number of control points marked on the ground aided only by map and compass.
- C.2.2 In *Ski Orienteering* the competitors shall travel on skis. An ideal course should test experienced skiers with several skiing techniques, for example diagonal, skating and downhill. The competitors may travel on foot, but must transport their own skiing equipment at all times.
- C.2.3 An *Event* is a set of races and their attendant festivities and organizational aspects.
- C.2.4 The term *A-meet* is restricted to events which include races sanctioned by Orienteering USA.
- C.2.5 A *Race* is a single event component which consists of competitors starting and finishing a course.
- C.2.6 A *Competition* is one or more races which are used together as the basis for making awards.

C.2.7 The term *Championship* in this document refers only to the following events. U.S Ski Orienteering Championships are held every two years in years when there is not a World Ski Orienteering Championships.

g) United States Sprint Ski Orienteering Championships

h) United States Long Ski Orienteering Championships

C.2.8 A *Bid Event* is any of the Championship competitions listed above or any event requiring IOF Sanctioning. The Orienteering USA Ski Orienteering Committee first sanctions the bids for these events and then the Orienteering USA Board of Directors awards the bid.

### **C.3 Classification of Competitions**

C.3.1 In an *Individual* competition each participant competes independently, and the results are based on each individual's performance. (Except as in section A.4.1.1 groups)

C.3.2 In a *Team* competition each participant competes independently and the team result is based on some combination of individual results (times or place numbers or points based thereon). There must be individual results as well.

C.3.3 In a *Multi-race* competition a competitor's results (times or place numbers or points based thereon) from at least half of the competition races shall be combined. If the sum of the times for every competition day will not be used the organizer shall describe in the Invitation the precise procedures which will be used for the event.

C.3.4 A *Relay* competition has two or more runners who run in sequence. Each runner completes his/her course independently.

### **C.4 Sanctioning**

C.4.1 Applications to hold Orienteering USA sanctioned Ski Orienteering events shall be made directly to the Orienteering USA Ski Orienteering Committee Chairman [\*<using forms available from the Sanctioning Committee?>\*](#)

C.4.2 Application for sanctioning must be made by November 1<sup>st</sup> prior to the event.

C.4.3 The hosting group must be a *Regular Orienteering Club* as defined in the *Bylaws of the United States Orienteering Federation* or must enter into the *Orienteering USA Sanctioning Agreement* (Third-party sanctioning contract).

C.4.4 The host will pay the necessary sanctioning fees (Section 20) within four weeks of the closing of the event.

C.4.5 The Ski Orienteering Committee will respond to the Meet Director by November 15<sup>th</sup> prior to the event. When the Ski Orienteering Committee determines that the applying organization can successfully host a sanctioned event it will sanction the meet.

C.4.6 If the Ski Orienteering Committee authorizes an exception to these rules these exceptions shall be clearly stated in the Invitation. In addition the Chairperson of the Ski Orienteering Committee shall notify the Orienteering USA Executive Committee and the Chairperson of the Rules Committee as to the exceptions that were authorized.

## **C.5 Key Personnel**

C.5.1 The *Meet Director* is appointed by the host and listed on the sanctioning application and is responsible for overseeing all aspects of the event. The Meet Director shall insure that all the officials and assistants know and abide by these Rules. The Meet Director shall obtain all necessary permission from landowners, and forestry, state, and other pertinent officials and should aim for a good relationship with other users of the event site and site officials.

C.5.2 The *Course Setter* is appointed by the host and listed on the sanctioning application and is responsible for designing and overseeing the setting of all courses.

C.5.3 The *Course Vetter* is appointed by the host and listed on the sanctioning application and is responsible for checking all aspects of the course setting, including:

- i) Checking the quality of the map in relation to the specific courses and control locations and assisting with any overprinting which may be required.
- j) Checking the correct position of the start, map issue point, control flags and finish location.
- k) Checking the correct codes on the control flags against the codes on the map, and the location and visibility of the marking equipment (i.e. punches).
- l) Making sure that the control locations are appropriate and that they correctly describe the positions of the control flags.
- m) Making sure that the courses and other information pre-printed on the maps are properly drawn.

C.5.4 The *Meet Registrar* is appointed by the host and listed on the sanctioning application and is responsible for handling the entries for the event.

C.5.5 The *Map Coordinator* is appointed by the host and listed on the sanctioning application and is responsible for insuring the accuracy, appropriateness, and proper formatting of the maps used for competition.

C.5.6 The five positions listed above must be covered by no fewer than three different people (Course Setter, Course Vetter, and one other key staff member).

- C.5.7 The *Event Consultant* and *Course Consultant* are appointed by the host and approved by the Ski Orienteering Committee.
- C.5.8 The *Ski Orienteering Committee* is ready to assist prospective Meet Directors in any way possible in organizing Ski Orienteering events. Meet Directors are encouraged to contact the committee at an early stage of their planning process. To make sure that the courses will be proper for their level and consistent with these rules.

## **C.6 Reports and Fees**

- C.6.1 Within one week the official results shall be sent to the Ski Orienteering Committee and made publicly available. The Ski Orienteering committee will also be sent a copy of each course (other than White and recreational).
- C.6.2 Within four weeks sanctioning fees shall be remitted to Orienteering USA for each sanctioned race for each competitor entered in a competitive class. Fees are as for Foot Orienteering events (see A.6.2 through A.6.4)

## **C.7 Secrecy and Embargo**

- C.7.1 All those who are involved with the organizing of the event shall maintain the strictest secrecy regarding aspects of the venue, terrain and courses not officially publicized.
- C.7.2 Team officials and spectators shall not influence the competition, and shall remain in the areas that are assigned to them.
- C.7.3 The organizers shall ensure that unauthorized people stay out of areas where they would interfere with the competition.
- C.7.4 When a sanctioned event is placed on the Orienteering USA Event or Planning Calendar, and secondary trails are packed or controls are set out, the area is closed to orienteering competitions and training for any purpose prior to the event for individuals or groups wishing to retain competition eligibility. An individual who skis at the venue during this period of time as a participant in a sanctioned (by a ski organization or educational institution) cross-country ski race will not lose eligibility for the upcoming ski-orienteering competition as long as such activity is limited to the official race course.

## **C.8 Bulletins**

- C.8.1 All information shall be supplied electronically or in writing in at least English.
- C.8.2 Preliminary Information (Bulletin 1) should be published immediately upon sanctioning. Details can be found in the Orienteering USA Sanctioning Guidelines.



- C.8.3 An Event Invitation (Bulletin 2) including all details necessary for event registration shall be published at least three months before the event. Details can be found in the Orienteering USA Sanctioning Guidelines.
- C.8.4 If a host chooses to have a registration cutoff or late registration penalty deadline, the date may not be earlier than 21 days before the first day of the meet (or meet series if there is a common registration deadline). The effective date for mailed registrations and payment shall be the postmark and for electronic registrations and payments the time stamp of confirmation messages. Organizers should be specific about the effect of time zones on electronic time stamps and late registrations.
- C.8.5 Courses and course lengths shall be published with the invitation or as soon thereafter as they are known
- C.8.5.1 Event Information should describe the trail network by listing approximate percentages of:
- a) skating track
  - b) diagonal track
  - c) narrow, rough trail
  - d) skiable road
- C.8.6 Event Information (Bulletin 3) that a competitor will need prior to traveling to the event shall be published at least one week before the event. Details can be found in the Orienteering USA Sanctioning Guidelines.
- C.8.7 Additional event information (Bulletin 4) shall be provided to the competitor upon check-in at the event. At a minimum, any information that was not published by one week prior to the event must be provided to each competitor in hardcopy format at the event.
- C.8.8 The host shall honor all published information unless extenuating circumstances necessitate a change.
- C.8.9 In extenuating circumstances information may be supplied orally.

## **C.9 OUSA Calendar**

- C.9.1 The Sanctioning Committee will maintain the Orienteering USA Orienteering Event Calendar and Event Planning Calendar.
- C.9.2 The Ski Orienteering Committee will communicate with the maintainer of the calendar to place Ski Orienteering events on the Calendar.

## **C.10 Classes**

### **C.10.1 *Competitive Classes***

C.10.1.1 Individual competitors are divided into classes by gender (M for male, and F for female), and age as of December 31 of the current year. Eligibility (and ineligibility) for classes occurs at the beginning of the calendar year in which the competitor reaches a new age group.

C.10.1.2 Women shall be allowed to enter the male class on the Blue course.

**C.10.2 Orienteering USA Standard Ski Orienteering Course/Class Structure**

C.10.2.1 The following Orienteering USA Standard Course/Class structure is the minimum that a sanctioned Ski Orienteering event must offer.

C.10.2.2 A class may be combined with another if it has fewer than three competitors.

C.10.2.3 U.S. Champions shall be declared in all age classes represented at U.S. Ski Orienteering Championships. Open color classes and group classes are not Championship classes.

C.10.2.4 In a U.S. Ski Orienteering Championship event, at the discretion of the host, the M40+ class may be held on the Blue course and the F40+ class may be held on the Red course. This would be appropriate when the elite courses are not too long, when the difficulty of the terrain is not excessive, and when the longer courses would offer greater navigating challenges.

<b>Ski Orienteering Individual Championship Classes</b>			
<b>White</b>	<b>Orange</b>	<b>Red</b>	<b>Blue</b>
	F-16	F-19+	M-19+
	F-18	M-16	
	F40+	M-18	
	F55+	M40+	
		M55+	
<b>Non-Championship Competitive Classes</b>			
F White	F Orange	M Red	
M White	M Orange		

Age class ranges are indicated by a "-" and/or a "+". A "-" before the age means "and younger", the "+" after the age means "and older". Gender classes contain M for male and F for female. Classes containing the course color are open to any age.

## **C.11 Eligibility**

### **C.11.1 General Eligibility**

- C.11.1.1 Any person desiring to compete is eligible except as set forth below or in special cases designated by the Executive Committee.
- C.11.1.2 Persons with prior knowledge of the competition area that they or the meet organizers believe will give them unfair advantage are not eligible to compete for awards, titles, or national rankings.
- C.11.1.3 Persons not eligible for awards, titles or national rankings may participate.

### **C.11.2 Championship Eligibility**

- C.11.2.1 The title of U.S. Orienteering Champion in any class as determined at an officially designated U.S. Orienteering Championship Event shall be limited to any person who meets all of the following criteria:
  - e) Is a member in good standing of Orienteering USA
  - f) Is either a citizen or lawful permanent resident of the United States of America
  - g) During the same calendar year, has not and agrees not to compete for another country's national orienteering championship title.
- C.11.2.2 Questions - Requests for clarifications based on eligibility criteria may be submitted to the Orienteering USA Headquarters in writing 30 days prior to a championship/s.
- C.11.2.3 Rulings - Eligibility rulings will be made by vote of the Orienteering USA Executive Committee. Requests for eligibility rulings received by the Orienteering USA Office at least 30 days in advance of an event registration deadline will be ruled upon prior to the entry deadline.

## **C.12 Entries**

- C.12.1 Competitors shall submit entries as specified in the Invitation.
- C.12.2 The entry fee shall be paid as specified in the Invitation.
- C.12.3 No competitor shall be entered in more than one class for any race.

## **C.13 Training**

- C.13.1 The organizer should, when possible, offer training areas for the competitors. The terrain, map, course and control descriptions should be as similar as possible to the competition area.

C.13.2 If possible, the organizer shall put on a model event to demonstrate the terrain type, map quality, different types of tracks, control set-up, refreshment points and marked routes.

C.13.3 When maps are available it should be possible to order, in advance, maps of terrain similar to that of the event. If and only if the competition map has previously been used at a public meet it shall be made available for inspection and when possible advance purchase. (Section ?? forbids the distribution of a new unused map prior to the event.)

C.13.4 The organizer may charge a reasonable fee for maps and training.

#### **C.14 Terrain**

C.14.1 Ski-O competitions shall primarily be held in terrain unknown to the competitors. In the terrain there shall be several route choice options following tracks when possible.

#### **C.15 Maps**

C.15.1 Symbols shall conform to the *International Specification for Orienteering Maps* (ISOM). Deviant or additional symbols necessary because of local conditions are permissible, but they shall be published beforehand in the Event Information.

C.15.2 Maps shall be in color.

C.15.3 Map scale can be in the range of 1:4,000 to 1:15,000. It is recommended that the scale of sprint race be from 1:4,000 to 1:5,000.

C.15.4 Contour intervals can be from 3 meters to 10 meters.

C.15.5 Course markings on the map shall follow the ISOM.

C.15.6 For Ski Orienteering the marker control number is printed on the map, next to each circle designating a control or in a table on the map. No description sheet is required since the control descriptions are very simple (e.g. trail junction, bend of trail) and can be determined just from looking at the map.

C.15.7 Mandatory one-way travel on some or all ski tracks should be indicated on the map with directional arrows on or beside the track(s) affected.

C.15.8 Competitors who cannot properly see the color used to mark their maps may have their courses redrawn in a color they can properly see by making their request to a registration official.

#### **C.15.9 *Additional overprinting for denoting passability***

C.15.9.1 All skiing tracks shall be indicated on the map. Other features which represent skiable routes (such as roads and paths) are assumed to be passable if not indicated otherwise on the map or in Event Information.

- C.15.9.2 To indicate passability, skiable tracks and trails should be overprinted on the competition map in a green printing color in accordance with the ISOM.
- C.15.9.3 When tracks and trails are not overprinted in green, all skiable tracks and trails must be printed on the map. Trails on the map that are not skiable should be marked with a series of purple or green perpendicular slashes through the trails. Trails or roads that are sanded should be marked with a series of purple or green V's.
- C.15.9.4 All passability symbols, whether consistent with or varying from the symbols above, should be announced in Event Information.

## **C.16 Courses**

- C.16.1 The IOF *Principles for Course Planning* (Appendix 5 of Ski Orienteering Rules) should be referenced as guidance for setting the courses.
- C.16.2 An ideal course should test experienced skiers with several skiing techniques, for example diagonal, skating and downhill.
- C.16.3 Bushwhacking is permitted in Ski Orienteering. For reasons of safety and fairness, the possibility of bushwhacking should be described in the Event Information. In the design of Ski Orienteering courses, consideration should be given that the bushwhacking of early competitors does not give significant advantage to later competitors.
- C.16.4 Since a snowfall may obliterate indistinct connecting trails that are indicated on the map, colored ribbons may be placed at these places to aid the competitors. The use of such ribbons (including color used) should be described in Event Information.

### **C.16.5 Course Length and Climb**

- C.16.5.1 Course measurements should be given in two ways:
- h) As the length of a straight line from the start via the controls to the finish deviating for, and only for, physically impassable obstructions (high fences, impassable cliffs, etc.), prohibited areas, and marked routes.
  - i) Following the shortest sensible route choice from start via the controls to the finish.
- C.16.5.2 The total climb shall be given as the climb in meters along the shortest sensible route.
- C.16.5.3 The total climb of a course should not exceed 6% of the length of the shortest sensible route choice.

C.16.5.4 The expected *winning time* for a top U.S. Ski Orienteer shall be decisive in determining course lengths. For all formats it is desirable to design the best course possible within the given time range, rather than striving for the exact middle of the time range.

## **C.17 Sprint**

C.17.1 EMPHASIS: The event and course highlight precise and smooth navigation on dense track systems, high speed map reading, high speed skiing on ski orienteering tracks, and route choices. The course should have an even mix of longer route choice legs and short legs in a very dense track system.

C.17.2 COMPETITION: Sprint races are individual competitions.

C.17.3 COURSE: No forking, but a preference to use public controls at the start and finish area.

C.17.4 CHAMPIONSHIPS: The U.S. Sprint Ski Orienteering Championships will be a single race competition.

C.17.5 MAP: Sprints use map Scale 1:4,000 to 1:10,000. ISOM Standards apply.

C.17.6 CONTROLS: An ideal sprint course might have 10-30 controls.

C.17.7 WINNING TIME: Sprint winning time should be 10-15 minutes all courses.

## **C.18 Middle**

C.18.1 EMPHASIS: Map reading, precise and smooth navigation on dense track systems, ability to ski fast on ski orienteering tracks, and physical endurance.

C.18.2 COMPETITION: Middle distance races are individual races. Mass starts with forking are allowed.

C.18.3 COURSE: The course has short (<1km; in average 350-400m) legs between the controls and a very dense track system. Mass start events have 3 loops with 1-3 forking controls on the loop; several map changes and public controls at the start/finish area.

*C.18.4 CHAMPIONSHIPS: The U.S. Middle Ski Orienteering Championships will be a single race competition.*

C.18.5 MAP: Middle distance competitions use map Scale 1:10,000. ISOM Standards apply.

C.18.6 CONTROLS: An ideal middle distance course might have 15-40 controls.

C.18.7 WINNING TIME: Middle distance winning times should be 40-45 min for elite men and women. Other classes should be 50% of long distance times.

## **C.19 Long**

- C.19.1 **EMPHASIS:** Long Distance Ski Orienteering races highlight route choices, pacing of orienteering with route choices (fast skiing) and dense track systems with a lot of map reading, physical endurance and ability to ski fast on orienteering tracks.
- C.19.2 **COMPETITION:** Long races are individual competitions. Mass starts with forking are allowed.
- C.19.3 **COURSE:** A blend of long route choice legs (3-4km) between controls and challenging map reading/orienteering on dense track system areas (200-400m between the controls). Forking and different loops are preferred. Several map changes and public controls at the start/finish area.
- C.19.4 **CHAMPIONSHIPS:** The U.S. Long Distance Ski Orienteering Championships will be a single race competition.
- C.19.5 **MAP:** Long uses map Scale 1:10,000 to 1:15,000. ISOM Standards apply.
- C.19.6 **CONTROLS:** An ideal long course might have 15-45 controls, though more might be required to present the optimum navigational challenge on a particular map.
- C.19.7 **WINNING TIME:** Long winning time should be 95-100 minutes for the Blue course, 75-90 minutes for the Red course. Shorter as applicable for master's classes and Orange and White.

## **C.20 Ultralong**

- C.20.1 **EMPHASIS:** The event and the course highlights route choices, physical endurance, and the ability to pace the event in the most economical way to maintain strength until the finish.
- C.20.2 **COURSE:** Recommended mass start with 3-6 loops with 1-3 forking controls on the loop; usage of butterfly loops allowed. Less dense track system, very long legs (5-6km) between controls
- C.20.3 **WINNING TIME:** 2:30-2:45 for the elite men; 2:00-2:15 for the elite women. Other classes should be 175% of the long distance times.

## **C.21 Relay**

- C.21.1 **EMPHASIS:** The course has short (<1km; in average 350-400m) legs between the controls and a very dense track system. Basically characteristics of a slightly shorter middle distance race. The event and course highlights map reading, precise and smooth navigation on dense track systems, the ability to ski fast on ski orienteering tracks, and physical endurance.
- C.21.2 **COMPETITION:** Relays are mass start with 3 legs with 2-3 forking controls on the loop; preferably public controls at the start/finish area halfway of the leg.

C.21.3 MAP: The relay map shall use a map scale of 1:10,000. ISOM standards apply.

C.21.4 CONTROLS: An ideal relay course may have 9-25 controls.

C.21.5 WINNING TIME: 3 legs – the leg winning time 30-35 minutes both men and women.

## **C.22 Sprint Relay:**

C.22.1 EMPHASIS: The event and the course highlights (1) precise and smooth navigation on dense track systems, (2) high speed map reading), (3) high speed skiing on ski orienteering tracks, (4) route choices. The course has an even mix (50%/50%) of longer route choice legs and short legs in a very dense track system. Basically the characteristics of a slightly shorter Sprint race.

C.22.2 COMPETITION: Sprint relays are mass start, two competitors on a team. 6 legs (three legs per competitor). The team can decide whether to start with a man or with a woman. Change of order not allowed after the start draw.

C.22.3 Map: The sprint relay map shall have a scale of 1:4,000 to 1:10,000. ISOM standards apply.

C.22.4 Controls: An ideal sprint relay may have 6-20 controls.

C.22.5 WINNING TIME: Leg winning time 6-8 minutes both men and women. Mass start with 6 legs with 1-2 forking controls on the loop; preferably public controls at the start/finish area halfway of the leg.

## **C.23 Control Set-up**

C.23.1 A Control Flag shall mark each control location. The control flag consists of three squares arranged in triangular form. Each square is a 30cm X 30cm and is divided diagonally, one half being white and the other half orange (ideally PMS 165). At least two of the white triangles shall be adjacent to the upper edge of the control flag. (Additional color of blue stripe 2.54 to 5.08 cm wide, centered, vertically or along the diagonal divide is allowed)

C.23.2 Every control flag shall have a code card and marking device/s associated with it. The relative arrangement of the control flag, control code, and marking devices shall be the same for all the control locations on a course.

C.23.3 The control flag shall be hung at the feature indicated on the map. All controls shall be situated on tracks shown on the competition map.

C.23.4 A Control Code shall identify each control location. The control code shall be a number, not less than 31 or greater than 255. The same code shall be included on the map. The figures shall be black; approximately 6-10cm high with a line width of approximately 6-10mm. Ideally the competitor will only be able to read the codes when immediately at the control flag.



- C.23.5 There shall not be other confusing figures or marks on the control flag.
- C.23.6 It is recommended that numbers or letters that can improperly be read upside down not be used (i.e. 86 - 98). If, however, they are used they shall have a line drawn beneath them to indicate the proper stance.
- C.23.7 Every control shall have control card marking device/s. If only manual punching is used, then only a manual punching device is required. If electronic punching is used, then both a manual and electronic punching device shall be provided.
- C.23.8 To minimize competitors waiting for a marker there shall be an ample number of marking devices at each control location. This is particularly important at the early controls when a mass start is used.
- C.23.9 REFRESHMENTS: Blue and Red courses should have an official aid station with liquids about halfway through the course. Cold liquids should always be included at this station. To ensure competitors' safety, hot liquids should also be provided if the weather is severe and it is anticipated that most competitors will take 90 minutes or longer to complete the course. Arrangements for an aid station should be described in Event Information.

## **C.24 Control Descriptions**

- C.24.1 Control Descriptions are not used in Ski Orienteering.

## **C.25 Out-of-Bounds areas and one-way travel**

- C.25.1 Out of bounds or dangerous areas, forbidden routes, line features that shall not be crossed, etc shall be marked on the map. If necessary, they shall also be marked on the ground. Competitors shall not enter, follow or cross such areas, routes or features.
- C.25.2 Compulsory routes, crossing points and passages shall be marked clearly on the map and on the ground. Competitors shall follow the entire length of any marked section of their course.
- C.25.3 The prohibition against entering sown land, or land with crops, does not apply to Ski Orienteering.
- C.25.4 When possible, Ski Orienteering competitions should be held at sites where competitors can travel on tracks or trails in either direction. Sometimes, however, one-way travel is mandated on some or all tracks by local authorities. This restriction should be indicated on the map (Section C.17.5) and in Event Information. Competitors are not permitted to ski the wrong way on a track indicated as one-way by the organizers.

## **C.26 Start**

- C.26.1 The start order shall be determined by the Meet Director or his/her designate with the principle of fairness kept in mind.

- C.26.2 At U.S. Championship events, the starting order shall be designed such that top ranked competitors and those with the same interests (same college or club) start as far apart as possible.
- C.26.3 The starting list of registered competitors shall be officially declared at least 15 hours before the first start time.
- C.26.4 For individual starts the skiers on each course start one by one at equal start intervals.
- C.26.5 The competitors shall receive the map 15 seconds before the start in sprint and 30 seconds before the start in middle and long distances. For mass starts competitors shall receive the map 15 seconds before the start. For chasing starts the competitors shall take their map themselves after the time start.

### **C.27 Finish/Timing**

- C.27.1 The final 100 meters of the course shall be at least five meters wide, allowing sufficient space for two skating skiers to approach and cross the finish line simultaneously.
- C.27.2 At the finish there shall be first aid supplies and refreshments.
- C.27.3 The finishing time shall be measured when the competitor's front foot crosses the finish line or when the competitor punches at the finish line. Times will be truncated to full seconds and given in minutes and seconds.
- C.27.4 In the case of more than one competitor having the same running time, they shall be given the same finishing place, and the results should show the same place number for both. When practical they should be listed in the order in which they started.
- C.27.5 Competitors who omit one or more control marks shall be listed as "did not finish" (DNF). If the absence of a control mark is not the fault of the competitor (i.e. missing or broken punch) and the competitor states that he/she visited all the control locations in the proper sequence, in the absence of proof to the contrary the competitor will not be disqualified.
- C.27.6 Competitors who mark at an incorrect control in place of the correct one shall be listed as "mispunch" (MSP).
- C.27.7 Competitors who can be proved to have visited the control points in the wrong order shall be disqualified (DSQ).
- C.27.8 All competitors shall be given equal amounts of competition time to complete their courses. The competition time limit shall be declared in the Meet Information. Competitors completing a course in a time greater than the competition time limit will be recorded as overtime (OVT) and will not receive a time or place.

C.27.9 All competitors whether finished or not shall report to the finish by the announced closing time of the finish.

C.27.10 Within one hour of the close of the finish, provisional results shall be displayed in the vicinity of the finish or the announced location.

## **C.28 Awards**

C.28.1 Awards in the various classes shall be appropriate to the number of competitors in the class and the importance and nature of the event.

C.28.2 The top three finishers in each Championship class who are eligible for Championship titles at any U.S. Orienteering Championship shall receive a U.S. Championship award, regardless of overall place. Championship awards shall be provided to the event organizer by Orienteering USA. See Appendix <ref>, U.S. Orienteering Championship Award Guidelines

## **C.29 Protests and Jury**

C.29.1 Complaints against infringements of the rules by the organizers or a competitor or accompanying parties shall be made in writing to the organizer as soon as possible. A complaint is adjudicated by the organizer. The complainant and any other affected parties shall be informed about the decision immediately.

C.29.2 Complaints must be made within one hour of the previously announced time of closure of the finish, or of the actual closure of the finish, whichever is later. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint.

C.29.3 If a complaint is against a provisional result it shall be raised within one hour of the results being posted.

C.29.4 Protests against the decision of a complaint shall be made in writing to the organizer within one hour of the announcement of the complaint decision.

C.29.5 All protests filed before the event has disbanded shall be dealt with by the Jury.

C.29.6 No fee shall be charged to file a complaint or protest.

C.29.7 The Meet Director shall appoint a Jury of at least three people from widely separated clubs or foreign delegations as appropriate. Members of the Jury shall not be members of the Orienteering USA Grievance Committee or Orienteering USA Executive Committee. Ideally, Jury members will not be competitors whose results could be affected by their decision.

C.29.8 The duties of the Jury shall be to deal with infringements of the Rules and any other questions arising out of protests.

C.29.9 The basis for the decisions by the Jury shall be these *Orienteering USA Rules for Orienteering*.

- C.29.10 In the event of a protest the Jury shall interpret these rules with regard to the specific situation surrounding the protest to determine whether the fairness of the event has been compromised and disqualifying conditions exist.
- C.29.11 The Course Consultant, Vetter, and a representative of the organizers may attend and participate at Jury meetings, but shall have no vote.
- C.29.12 The Jury forms a quorum when all members are present. If a member is prevented from attending the Meet Director must nominate a substitute member.
- C.29.13 When in response to a complaint or protest the organizer or Jury determines that any of the following conditions have existed for a substantial group of competitors in a class, then the class or course shall be voided.
- a) A control flag is missing.
  - b) A control flag, the start, or the finish is not within the marked circle or triangle.
  - c) A control flag is on the wrong feature.
- C.29.14 When in response to a complaint or protest the organizer or Jury determines that unfair conditions affected a substantial number of competitors and probably had an impact on the results then the class or course shall be voided.
- C.29.15 If electronic punching is utilized, the organizer or Jury is specifically prohibited from trying to salvage a problem course by deleting the times of the affected legs from the total elapsed time of that course.
- C.29.16 When in response to a complaint or protest the organizer or Jury determines that a competitor has violated these rules it may disqualify the competitor.
- C.29.17 If a gross infringement in rule A.32<ref> (Fairness) is discovered after a meet has disbanded the protest shall be filed directly with the Orienteering USA Board of Directors. The Board shall take whatever action it deems necessary.
- C.29.18 Decisions of the Jury may be appealed in writing to the Chairperson of the Orienteering USA Grievance Committee within seven days after the ruling of the jury.

### **C.30 Postponement and Cancellation**

- C.30.1 Unfavorable snow and weather conditions may prevent a fair competition. Decisions to postpone or cancel a race shall be made by the jury.
- C.30.2 The race shall be postponed, canceled or temporarily interrupted when the circumstances put the skiers or officials in danger.
- C.30.3 The race shall be postponed when the temperature, one hour before the beginning of the race, is colder than -20C.

- C.30.4 The preliminary announcement of the possible postponement should be made at the latest 2 hours before the beginning of the race, and the announcement of the new beginning at the latest two hours in advance.
- C.30.5 Under exceptional circumstances, when the postponement of a race is out of the question, a mass start may be used. For example, a significant snowfall in the hours immediately prior to the race may make it impossible to regroup the tracks and trails before the race. In order to prevent later competitors from following the route of earlier competitors in the fresh snow (thereby negating navigating skill), and in order to assure that later competitors do not ski on significantly faster tracks than earlier competitors, a mass start may be appropriate.
- C.30.6 In the case of poor snow conditions, a preliminary decision on whether to hold the event must be made by the meet organizer by 6:00 p.m. two evenings prior to the event. A telephone number must be included in the entry form that competitors can call that evening to check if the event will be held

### **C.31 Fairness**

- C.31.1 All persons who take part at an orienteering event (competitors, organizers, team managers and so on) shall demonstrate a high degree of fairness, a sporting attitude, a spirit of comradeship and honesty.
- C.31.2 It is forbidden to obtain outside help or collaborate in skiing or navigation.
- C.31.3 A competitor shall not seek to obtain unfair advantage over fellow competitors, nor intentionally ski with or behind other competitors during the event in order to profit from their skill.
- C.31.4 Prior investigation of the competition area is forbidden.
- C.31.5 Leaders of the event are obliged to bar entrants from competing (but not from participating in the event) when they are so well acquainted with the terrain that they would derive substantial advantage over others. In the event of a protest, the matter is decided by the Jury.
- C.31.6 A competitor wishing to retain eligibility shall not seek to obtain an unfair advantage by communicating with other competitors, team officials, event officials, journalists, spectators or others before or during the competition.
- C.31.7 The competitor is obliged to show respect for other competitors, leaders, land owners or administrators, officials, journalists, spectators, and others as well as residents of the competition terrain and areas.
- C.31.8 The use of drugs to obtain an advantage is forbidden. The *IOF Anti-Doping Rules* are considered a part of this rules document. This does not prohibit the use of medically necessary drugs prescribed by a physician.

- C.31.9 Competitors for whom the preponderance of evidence shows that they have broken these Rules may be disqualified from the event by the organizer or, in response to a protest, by the jury.
- C.31.10 The organizer or jury may disqualify a competitor for “following” if they cannot draw the route skied, or upon other evidence.
- C.31.11 Competitors for whom the preponderance of the evidence shows that they have intentionally broken these Rules causing a course to be voided may be disqualified by the Jury from the current event as well as future Orienteering USA events for a period of up to two years.
- C.31.12 The organizer must void a race if circumstances have arisen which make the race significantly unfair.

### **C.32 Competitor Conduct**

- C.32.1 Competitors must follow sections of the course marked as required routes.
- C.32.2 Once competitors cross the finish line their competition is over, and they shall not return to the competition area without permission from the organizer.
- C.32.3 Competitors who do not finish (DNF) must report to the finish and return their control card and map. They shall in no way attempt to influence the competition or other competitors.
- C.32.4 Competitors must not use outside help when waxing their skis or repairing their equipment while competing in a race.
- C.32.5 Competitors may use wax and waxing equipment offered by the control officials.
- C.32.6 Competitors may carry the means for waxing and repair;
- C.32.7 Competitors are obliged to give - if requested - the track to a passing competitor when only one ski track or narrow skiable route is available.
- C.32.8 Competitors may be offered drinks only at official refreshment controls;
- C.32.9 Competitors are permitted to bring their own refreshment supply and renew that supply at refreshment controls.

### **C.33 Equipment**

- C.33.1 Choice of clothing shall be up to the individual, but shall be appropriate regarding safety for the weather conditions.
- C.33.2 The organizers may require competitors to wear identifying numbers that shall be clearly visible on the front side of the left thigh. Folding the start number is not allowed.

- C.33.3 Each competitor must ski with the same skis and poles from the start via the controls to the finish, with exceptions as below.
- C.33.4 At the option of the organizers, an equipment control(s) may be designated where competitors can deposit spare ski equipment, wax and waxing equipment for use during the competition. Arrangements for an equipment control should be described in Event Information. A competitor may change ski equipment only at a designated equipment control, and can change no more than one ski and one pole at a given equipment control. An original ski must accompany the competitor at all times on the course.
- C.33.5 At championship or international events, or otherwise when required by the organizers, the skis of the elite competitors shall be marked by the organizer. The competitors shall see to it that their skis are marked. No more than one pair of marked skis is allowed per competitor. The markings will be controlled at the start and finish.
- C.33.6 During the competition only a compass and the map provided by the organizer may be used for navigation. Personal aids not used directly for navigation are permitted. (e.g. magnifying glass, flashlight, eyeglasses)
- C.33.7 Any equipment may be carried provided that it is not used for navigation or communication. (e.g. phones for safety, GPS devices for tracking and post-race analysis)
- C.33.8 Competitors shall travel on skis or by foot, but must transport their own skiing equipment at all times.

### **C.34 Appendix – Course/Class Structure**

### **C.35 Appendix – Change History**

## **D Rules for Trail Orienteering Events**

### **D.1 Application and Enforcement of the rules**

- D.1.1 Trail Orienteering Competitions and events sanctioned by Orienteering USA shall be organized in accordance with these rules.
- D.1.2 These rules shall be binding on all organizers, competitors, team officials and other persons connected with the organization or in contact with the competitors. The Orienteering USA Trail Orienteering Committee shall supervise the application of the Rules. The Orienteering USA Rules Committee shall interpret the Rules and any questions should be so addressed.
- D.1.3 Event organizers, competitors and team officials must know these Rules and the Event Instructions. Ignorance of the Rules will not be accepted as a valid excuse for any infringement.
- D.1.4 These rules take precedence over the *Competition Rules for International Orienteering Federation (IOF) Trail Orienteering Events* except for:
- d) IOF sanctioned events hosted in the United States
  - e) International events when so agreed by the participating nations

### **D.2 Definitions**

- D.2.1 *Trail Orienteering* is a sport involving map and terrain interpretation. Competitors visit control points marked in the terrain usually in a set sequence. Using the map provided, with aid of a compass, they choose which of a number of markers represents the one in the centre of a printed circle as defined by the control description. This decision must be recorded. The term competitor means an individual or a team.
- D.2.2 The mode of movement may be:
- a) on foot
  - b) by wheelchair, either manual or electric
  - c) on bicycle, tricycle or handcycle
  - d) other modes, any recognized mobility aid.
- D.2.3 No combustion-engined vehicle, nor any battery driven vehicle designed for more than one occupant is permissible.
- D.2.4 An *Event* is a set of races and their attendant festivities and organizational aspects.
- D.2.5 The term *A-meet* is restricted to events which include races sanctioned by Orienteering USA.



- D.2.6 A *Race* is a single event component which consists of competitors starting and finishing a course.
- D.2.7 A *Competition* is one or more races which are used together as the basis for making awards.
- D.2.8 The term *Championship* in this document refers only to the U.S. National Trail Orienteering Championships, which are held at least every four years, but preferably annually between January and April.
- D.2.9 A *Bid Event* is the U.S. National Trail Orienteering Championships or any event requiring IOF Sanctioning. The Orienteering USA Trail Orienteering Committee first sanctions the bids for these events and then the Orienteering USA Board of Directors awards the bid.

### **D.3 Classification of Competitions**

- D.3.1 In an *Individual* competition each participant competes independently, and the results are based on each individual's performance.
- D.3.2 In a *Team* competition each participant competes independently and the team result is based on some combination of individual results. There must be individual results as well.
- D.3.3 In a *Multi-race* competition a competitor's results from at least half of the competition races shall be combined. If the sum of the points and time penalties for every competition day will not be used the organizer shall describe in the Invitation the precise procedures which will be used for the event.

### **D.4 Sanctioning**

- D.4.1 Applications to hold Orienteering USA sanctioned Trail Orienteering events shall be made directly to the Orienteering USA Trail Orienteering Committee Chairman [<using forms available from the Sanctioning Committee?.>](#)
- D.4.2 The Orienteering USA Trail Orienteering Committee may approach a club or organization with a request to work with them to host a sanctioned Trail Orienteering event.
- D.4.3 The hosting group must be a *Regular Orienteering Club* as defined in the *Bylaws of the United States Orienteering Federation* or must enter into the *Orienteering USA Sanctioning Agreement* (Third-party sanctioning contract).
- D.4.4 The host will pay the necessary sanctioning fees (Section 20) within four weeks of the closing of the event.
- D.4.5 Within two weeks of receiving the application the Trail Orienteering Committee will respond to the Meet Director. When the Trail Orienteering Committee determines that the applying organization can successfully host a sanctioned event it will sanction the meet.

- D.4.6 If the host requests exceptions to these rules, or if after sanctioning is received the host does not follow these rules and the procedures of the Trail Orienteering Committee, then the Trail Orienteering Committee may deny or remove sanctioning, or in extenuating circumstances authorize exceptions to these rules or Trail Orienteering Committee procedures.
- D.4.7 When the Trail Orienteering Committee authorizes an exception to these rules these exceptions shall be clearly stated in the Invitation. In addition the Chairperson of the Trail Orienteering Committee shall notify the Orienteering USA Executive Committee and the Chairperson of the Rules Committee as to the exceptions that were authorized.
- D.4.8 Decisions of the Trail Orienteering Committee may be appealed to the Executive Committee of Orienteering USA by sending a letter stating the reasons for the appeal to the President of Orienteering USA and a copy to the Chairperson of the Trail Orienteering Committee.
- D.4.9 In the event the meet is sanctioned before the map is completed, the Trail Orienteering Committee will oversee and assist with the production of the map to assure it is suitable.

## **D.5 Key Personnel**

- D.5.1 The *Meet Director* is appointed by the host and listed on the sanctioning application and is responsible for overseeing all aspects of the event. The Meet Director shall insure that all the officials and assistants know and abide by these Rules. The Meet Director shall obtain all necessary permission from landowners, and forestry, state, and other pertinent officials and should aim for a good relationship with other users of the event site and site officials.
- D.5.2 The *Course Setter* is appointed by the host and listed on the sanctioning application and is responsible for designing and overseeing the setting of all courses.
- D.5.3 The *Course Vetter* is appointed by the host and listed on the sanctioning application and is responsible for checking all aspects of the course setting.
- D.5.4 The *Meet Registrar* is appointed by the host and listed on the sanctioning application and is responsible for handling the entries for the event.
- D.5.5 The *Map Coordinator* is appointed by the host and listed on the sanctioning application and is responsible for insuring the accuracy, appropriateness, and proper formatting of the maps used for competition.
- D.5.6 The five positions listed above must be covered by no fewer than three different people (Course Setter, Course Vetter, and one other key staff member).
- D.5.7 An *Event Consultant* may be appointed by the Trail Orienteering Committee.

## **D.6 Reports and Fees**

- D.6.1 Within one week the official results shall be sent to the Trail Orienteering Committee and made publicly available.
- D.6.2 Within four weeks sanctioning fees shall be remitted to Orienteering USA for each sanctioned race for each competitor entered in a competitive class. Fees are as for Foot Orienteering events (see A.6.2 through A.6.4)

## **D.7 Secrecy and Embargo**

- D.7.1 All those who are involved with the organizing of the event shall maintain the strictest secrecy regarding aspects of the venue, terrain and courses not officially publicized.
- D.7.2 Team officials and spectators shall not influence the competition, and shall remain in the areas that are assigned to them.
- D.7.3 The organizers shall ensure that unauthorized people stay out of areas where they would interfere with the competition.
- D.7.4 When a sanctioned event is placed on the Orienteering USA Event or Planning Calendar, the area is closed to orienteering competitions and training for any purpose prior to the event for individuals or groups wishing to retain competition eligibility.

## **D.8 Bulletins**

- D.8.1 All information shall be supplied electronically or in writing in at least English.
- D.8.2 Preliminary Information (Bulletin 1) should be published immediately upon sanctioning. Details can be found in the Orienteering USA Sanctioning Guidelines.
- D.8.3 An Event Invitation (Bulletin 2) including all details necessary for event registration shall be published at least three months before the event. Details can be found in the Orienteering USA Sanctioning Guidelines.
- D.8.4 If a host chooses to have a registration cutoff or late registration penalty deadline, the date may not be earlier than 21 days before the first day of the meet (or meet series if there is a common registration deadline). The effective date for mailed registrations and payment shall be the postmark and for electronic registrations and payments the time stamp of confirmation messages. Organizers should be specific about the effect of time zones on electronic time stamps and late registrations.
- D.8.5 Course Lengths shall be published with the invitation or as soon thereafter as they are known

- D.8.6 Event Information (Bulletin 3) that a competitor will need prior to traveling to the event shall be published at least one week before the event. Details can be found in the Orienteering USA Sanctioning Guidelines.
- D.8.7 Event Information should describe the accessibility of the trail network used for the course.
- D.8.8 Additional event information (Bulletin 4) shall be provided to the competitor upon check-in at the event. At a minimum, any information that was not published by one week prior to the event must be provided to each competitor in hardcopy format at the event.
- D.8.9 The host shall honor all published information unless extenuating circumstances necessitate a change.
- D.8.10 In extenuating circumstances information may be supplied orally.

## **D.9 OUSA Calendar**

- D.9.1 The Sanctioning Committee will maintain the Orienteering USA Orienteering Event Calendar and Event Planning Calendar.
- D.9.2 The Trail Orienteering Committee will communicate with the maintainer of the calendar to place Trail Orienteering events on the Calendar.

## **D.10 Classes**

### **D.10.1 *Competitive Classes***

- D.10.1.1 There are two competitive classes in Trail Orienteering: Paralympic and Open.
- D.10.1.2 U.S. Champions shall be declared in both Trail Orienteering classes at U.S. National Trail Orienteering Championships.

## **D.11 Eligibility**

### **D.11.1 *General Eligibility***

- D.11.1.1 All competitors, regardless of sex, age or physical ability are eligible to be entered in Open class competition
- D.11.1.2 The Trail-O committee shall maintain a National Paralympic Qualified list. Persons wishing to compete in the Paralympic class must apply to the Trail-O committee for inclusion on the list. Only competitors who appear on the National Paralympic Qualified List are eligible to compete in the Paralympic class.
- D.11.1.3 Only competitors who have a permanent disability that significantly reduces their mobility shall be placed on the National Paralympic Qualified List. Typical examples of a qualifying disability are:

- a) permanent need of a wheel chair
- b) permanent need of crutches
- c) loss of function in the upper limb/limbs that makes the athlete unable to handle a map and punch
- d) hip/knee replacement, amputee, or congenital deformities of the limbs
- e) central nervous diseases and injuries
- f) the athlete has reduced mobility, which means that the athlete needs more than 40 minutes to walk 2500 meters

The following are insufficient for qualifying for Paralympic status:

- g) Age or pain
- h) Visual impairment or intellectual disability

D.11.1.4 Persons with prior knowledge of the competition area that they or the meet organizers believe will give them unfair advantage are not eligible to compete for awards, titles, or national rankings.

D.11.1.5 Persons not eligible for awards, titles or national rankings may participate.

#### **D.11.2 Championship Eligibility**

D.11.2.1 The title of U.S. Orienteering Champion in any class at the U.S. National Trail Orienteering Championships shall be limited to any person who meets all of the following criteria:

- i) Is a member in good standing of Orienteering USA
- j) Is either a citizen or lawful permanent resident of the United States of America
- k) During the same calendar year, has not and agrees not to compete for another country's national orienteering championship title.

D.11.2.2 Questions - Requests for clarifications based on eligibility criteria may be submitted to the Orienteering USA Headquarters in writing 30 days prior to a championship/s.

D.11.2.3 Rulings - Eligibility rulings will be made by vote of the Orienteering USA Executive Committee. Requests for eligibility rulings received by the Orienteering USA Office at least 30 days in advance of an event registration deadline will be ruled upon prior to the entry deadline.

#### **D.12 Entries**

D.12.1 Competitors shall submit entries as specified in the Invitation.

D.12.2 The entry fee shall be paid as specified in the Invitation.

**D.12.3** Paralympic competitors shall be simultaneously entered in the Open class.

### **D.13 Training**

D.13.1 The organizer should, when possible, offer model controls for the competitors. The terrain, map, and control setup should be as similar as possible to the competition area. Correct solutions for model controls with explanations should be available at the model control site.

D.13.2 The organizer should, when possible, offer at least one model timed control for the competitors. The timed control procedure should be as similar as possible to that to be used in the competition. Correct solutions should be available at the model control site.

D.13.3 When maps are available it should be possible to order, in advance, maps of terrain similar to that of the event. If and only if the competition map has previously been used at a public meet it shall be made available for inspection and when possible advance purchase. (Section ?? forbids the distribution of a new unused map prior to the event.)

D.13.4 The organizer may charge a reasonable fee for maps.

### **D.14 Terrain**

D.14.1 The terrain shall be suitable for setting competitive trail orienteering courses of the appropriate standard.

D.14.2 The terrain must be chosen so that the least mobile competitors, the person confined to and propelling a low fixed wheelchair and the person who walks slowly and with difficulty, can negotiate the course within the maximum time limit, using official assistance where provided.

### **D.15 Maps**

D.15.1 Maps, course markings and additional overprinting shall be drawn and printed according to the IOF *International Specification for Sprint Orienteering Maps* or the IOF *International Specification for Orienteering Maps*.

D.15.2 The map scale shall normally be 1:5000 or 1:4000. All maps for a competition, including those for the timed controls, shall use the same scale.

D.15.3 The control circles and courses should be integrated into the map prior to printing. Hand drawing of courses is not permitted. Overprinting of courses on already printed maps is not recommended.

D.15.4 Errors on the map and changes which have occurred in the terrain since the map was printed shall be corrected on the map if they have a bearing on the event.

D.15.5 Maps shall be protected against moisture and damage.

D.15.6 Competitors who cannot properly see the color used to mark their maps may have their courses redrawn in a color they can properly see by making their request to a registration official.

## **D.16 Courses**

D.16.1 The IOF *Principles for Course Planning for Trail Orienteering* (Appendix 1 of Trail Orienteering Rules) shall be followed, with reference to the current published issue of the IOF *Technical Guidelines for Elite Trail Orienteering*.

D.16.2 The standard of the courses shall be worthy of a National trail orienteering event. The skills of map reading and terrain interpretation and the concentration of the competitors shall be tested, together with, at the timed controls, speed of decision making. The courses shall call upon a range of different orienteering techniques.

D.16.3 Any route not passable by all wheelchair users, because of width, protruding roots, fallen trees or other unsuitable surface must be banned to all and marked in the terrain by tapes.

D.16.4 Bearing estimation should not be required to greater than 5°.

D.16.5 Distance in range across the terrain estimated by competitors should not be required to an accuracy better than 25%.

D.16.6 Distance estimation by pacing should not be required to better than 10%.

D.16.7 Given adequate visibility into the terrain, the controls may be set in accordance with accepted orienteering convention on any feature marked on the map, provided the center of the circle can be determined by use of position-fixing techniques and the control feature can be correctly described.

D.16.8 If there is more than one valid way to solve a control problem, all should give the same answer (see *IOF Technical Guidelines for Elite Trail Orienteering* for more detail on this topic).

### **D.16.9 Course Length and Climb**

D.16.9.1 The course lengths shall be given as the length from the start, along the route to be followed, to the finish and should not normally exceed 3500m.

D.16.9.2 The total climb shall be given as the climb in meters along the route.

D.16.9.3 The climb of a course should normally not exceed 14% for more than 20 meters. The cross slope should be no more than 8%.

## **D.17 Timed Controls**

- D.17.1 At least two timed controls where the decision time is recorded should be included in the course. These may be located at any part of the course; but it is desirable that at least one occurs before the official start and another after a pre-finish. A separate, specially prepared map is used for each timed control.
- D.17.2 The terrain detail at a timed control shall not be shown on the competitor's maps, where this may be studied by competitors before they are called to the timed control.
- D.17.3 At timed controls the competitor shall be seated in a position so that all the control markers are visible and the markers shall be pointed out in order using the phonetic alphabet (Alpha, Bravo, Charlie, Delta, Echo).
- D.17.4 Immediately after the markers are pointed out, a map unit containing a segment of the map oriented in the direction of view of the control, with clear indication of the direction of magnetic north above the map segment and control description below the segment, shall be handed to, or placed for, the competitor as the timing starts. An example timed control map can be found in Appendix A.
- D.17.5 The competitor shall not be given time to study the markers between the pointing out of the markers and the handing of the map/start of timing.
- D.17.6 Timing shall be with stopwatches.
- D.17.7 At timed controls timing is stopped when a clear answer is indicated. This may be either by the use of a pointing board or orally using the International Phonetic Alphabet.
- D.17.8 The planner shall not set a None/Zero answer as a timed control.
- D.17.9 At timed controls a maximum of one minute is allowed. A ten second warning is given at 50 seconds.
- D.17.10 Two timekeepers are preferred with the times from both recorded. The times shall be rounded down to whole seconds.
- D.17.11 Both time and answer are recorded.
- D.17.12 The timed control officials shall not give any indication to the competitor of the correctness of their response.

## **D.18 Control Set-up**

- D.18.1 The control point given on the map shall be clearly marked on the ground by a cluster of control markers in the vicinity of the circle.
- D.18.2 Control markers shall consist of three squares 30 x 30 cm arranged in a triangular form. Each square shall be divided diagonally, one half being white and the other orange.



- D.18.3 The control markers shall be hung so that they are all visible (at least one third of any marker) to competitors from the close vicinity of the decision point. Normally a marker is positioned at the feature at the centre of the circle on the map and correctly described but it is permitted to have no marker so located.
- D.18.4 The control markers shall be hung at a standard height in any one cluster.
- D.18.5 A decision point will be marked in the terrain along the route, but not shown on the map. No competitor must be tempted forward of this marker towards the control cluster. If deemed necessary tapes should be placed in the terrain
- D.18.6 Control markers are designated from left to right, regardless of depth of view, 'A', 'B'...'E' from a decision point. The decision as to which marker is which is made from this point.
- D.18.7 Ambulant competitors must not be able to get closer to the marker than wheelchair users, nor should they be able to get a better view by climbing any feature behind the decision point. Such a feature should be taped off as out of bounds.
- D.18.8 Everything relevant to decision making for a control shall be visible to someone sitting in a low wheelchair.

### **D.19 Control Cards and Punching**

- D.19.1 Manual pin punch with control card shall be used.
- D.19.2 The control card must satisfy the following specifications:
- a) it must be made of resistant material, or be protected
  - b) each punch box must have a minimum side length of 13 mm
  - c) a duplicate must be marked automatically with the main card.
- D.19.3 Competitors shall be issued a double card. The complete card shall be handed to officials at the finish, the second part being returned, after the last start time, to the competitor for reference.
- D.19.4 Competitors record their choices at a punching station a short distance beyond each decision point. A single punch shall be provided. A different pin pattern to those at adjacent controls must be used.
- D.19.5 Competitors shall record their choice at each control before moving on to the next control. With manual punching the control card must be punched in the chosen box.
- D.19.6 Competitors are responsible for the correct recording of their choice, whether doing so themselves or through an intermediary.
- D.19.7 Any control with more than one, or no, selection recorded is deemed to be incorrect.

D.19.8 No change in recorded selection is permitted.

D.19.9 Checks by the organizer to confirm that competitors are completing the controls in the correct order may be made by scrutiny of control cards within the competition area.

D.19.10 Competitors who lose their control card shall be disqualified.

D.19.11 REFRESHMENTS: At least pure water shall be offered as refreshment.

## **D.20 Control Descriptions**

D.20.1 The precise location of the control point in the terrain shall be correctly defined by the center of the circle on the map and the control description.

D.20.2 The control descriptions shall be in the form of symbols and in accordance with the IOF Control Descriptions.

D.20.3 In column B, the number of control markers in any cluster, will be indicated by letters (e.g. A-C for 3 markers).

D.20.4 The position of the control flag is described by a single symbol (or none) in Column G.

D.20.5 Where necessary, to indicate the approximate direction to view a control cluster, a standard compass direction arrow shall be placed in column H.

D.20.6 The control description may correctly apply to more than one flag.

D.20.7 The convention for a direction description (such as NW part), where more than one flag fits the description, that the flag *furthermost* in that direction is the correct one does NOT apply in Trail Orienteering.

D.20.8 The description should take note of the visible extent of the feature in the terrain as well as its representation within the circle on the map.

D.20.9 For features mapped to scale, a control flag which is correctly placed in accordance with the center of the circle on the map, but wrongly described, must NOT result in a zero answer. For point features, the absence of a flag at the described position can give a valid zero answer.

D.20.10 The control descriptions shall include the maximum time allowed for the course.

D.20.11 The control descriptions, given in the right order for each competitor's course, shall be fixed to or printed on the front side of the competition map.

## **D.21 Out-of-Bounds areas**

D.21.1 Any instructions from the organizer designed to protect the environment shall be strictly observed by all persons connected with the event.

- D.21.2 All terrain off the trails in the competition area is out-of-bounds unless otherwise indicated in the information, marked on the map and, where necessary, marked on the ground.
- D.21.3 Certain normally permitted routes and areas may be declared out of bounds in the event information (e.g. when using ISSOM maps it is common to declare all trails not shown with brown infill as out-of-bounds)
- D.21.4 Specific normally permitted routes and areas that are to be declared out-of-bounds should be mentioned in the event information and clearly marked on the map and on the ground to prevent competitors from inadvertently entering them.
- D.21.5 Competitors who deliberately enter a forbidden area will be disqualified.
- D.21.6 Compulsory routes, crossing points and passages shall be marked clearly on the map and on the ground. Competitors shall follow the entire length of any marked section of their course.
- D.21.7 All competitors are restricted to those trails which can be negotiated by a wheelchair.

## **D.22 Start**

- D.22.1 The start order shall be determined by the Meet Director or his/her designate with the principle of fairness kept in mind.
- D.22.2 The starting list of registered competitors shall be officially declared at least 15 hours before the first start time.
- D.22.3 For individual starts the competitors start one by one at equal start intervals, preferably two minutes.
- D.22.4 When timed controls occur at the beginning of the course, competitors will proceed from the start line to the timed controls. After completion of the timed controls they will receive the competition map and then report to a secondary start line where their official course start time will be recorded.

## **D.23 Finish/Timing**

- D.23.1 The organizer shall set a maximum time for each course, calculated as 3 minutes for each control plus 3 minutes for each 100 meters of the course. At the discretion of the organizer an extended time may be set to allow for exceptional climb, difficult surfaces or other factors.
- D.23.2 The time taken by the competitor over the timed section(s) of the course, unless over the declared time limit for the course, is not relevant to the competition result.

- D.23.3 The finishing time may be measured either when the competitor crosses a pre-finish line, in the case where timed controls occur at the end of the course, or at the finish line.
- D.23.4 Times shall be rounded down to whole seconds. Times shall be given in either hours, minutes and seconds or in minutes and seconds only.
- D.23.5 The exact position of the finish line shall be obvious to approaching competitors.
- D.23.6 The course ends for a competitor after crossing the finish line.
- D.23.7 After crossing the finish line competitors shall hand in control cards or download recorded data. If required by the organizer, they shall also hand in their competition maps.
- D.23.8 Any delays to the competitor, at any point along the route, which are not the competitor's fault must be recorded and deducted from that competitor's overall time. This includes time spent at timed controls in the middle of the course.
- D.23.9 If, after taking into account any recorded delay, the competitor has exceeded the time limit a penalty will be incurred. This shall be a deduction of one point for any part of each five-minute unit.
- D.23.10 At the finish there shall be first aid supplies and refreshments.
- D.23.11 All competitors whether finished or not shall report to the finish by the announced closing time of the finish.
- D.23.12 Once the last competitor has started, solution sheets for all the controls, including timed controls, and copies of their control card shall be issued to those that have finished. See Appendix C.

## **D.24 Scoring and Results**

- D.24.1 Each correctly identified control (including Timed Controls) scores one point.
- D.24.2 At the Timed Controls a correct answer in 0-60 seconds scores one point. A wrong answer scores no points and a penalty of 60 seconds, which is added to the time taken to answer. No answer in 60 seconds scores no points and a time of 120 seconds.
- D.24.3 If two timers were used, then the average of the two recorded times at each timed control is calculated with half seconds preserved.
- D.24.4 The recorded times for all timed controls in any one competition are cumulative. With two timers the total times may show half seconds.
- D.24.5 Competitors are placed according to their points scores, with competitors on equal points being placed according to their accumulated times at the timed controls.

- D.24.6 Any control that is deemed to be unfair and voided by the organizer or jury is deleted from the competition for all. The reason for voiding must be announced with the provisional results.
- D.24.7 Two or more competitors having the same score and time at the timed controls shall be given the same placing in the results list. The position(s) following the tie shall remain vacant.
- D.24.8 Provisional results, consisting of points scored and accumulated times, shall be announced and displayed at the finish or announced location within one hour of the close of the finish.
- D.24.9 A shortened version of official results including the point scores and accumulated times of all participating competitors shall be made available within one hour of finalizing jury decisions on protests and before presenting awards.
- D.24.10 The official results, including the correct and competitor selections for each control, shall be published within one week of the event. See Appendix B for more information.

## **D.25 Awards**

- D.25.1 Awards in both classes shall be appropriate to the number of competitors in the class and the importance and nature of the event.
- D.25.2 The top three finishers in each class who are eligible for Championship titles at the U.S. National Trail Orienteering Championship shall receive a U.S. Championship award, regardless of overall place. Championship awards shall be provided to the event organizer by Orienteering USA. See Appendix [<ref>](#), U.S. Orienteering Championship Award Guidelines

## **D.26 Protests and Jury**

- D.26.1 Complaints against infringements of the rules by the organizers or a competitor or accompanying parties shall be made in writing to the organizer as soon as possible. A complaint is adjudicated by the organizer. The complainant and any other affected parties shall be informed about the decision immediately.
- D.26.2 Complaints must be made within one hour of the previously announced time of closure of the finish, or of the actual closure of the finish, whichever is later. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint.
- D.26.3 If a complaint is against a provisional result it shall be raised within one hour of the results being posted.
- D.26.4 Protests against the decision of a complaint shall be made in writing to the organizer within one hour of the announcement of the complaint decision.
- D.26.5 All protests filed before the event has disbanded shall be dealt with by the Jury.

- D.26.6 No fee shall be charged to file a complaint or protest.
- D.26.7 The Meet Director shall appoint a Jury of at least three people from widely separated clubs or foreign delegations as appropriate. Members of the Jury shall not be members of the Orienteering USA Grievance Committee or Orienteering USA Executive Committee. Ideally, Jury members will not be competitors with high placings or high rankings that could be affected by their decision.
- D.26.8 The duties of the Jury shall be to deal with infringements of the Rules and any other questions arising out of protests.
- D.26.9 The basis for decisions by the Jury shall be these *Orienteering USA Rules for Orienteering* and the *IOF Technical Guidelines for Elite Trail Orienteering*.
- D.26.10 In the event of a protest the Jury shall interpret these rules with regard to the specific situation surrounding the protest to determine whether the fairness of the event has been compromised and disqualifying conditions exist.
- D.26.11 The course setter or vetter and a representative of the organizers may attend and participate at Jury meetings, but shall have no vote.
- D.26.12 The Jury forms a quorum when all members are present. If a member is prevented from attending the Meet Director must nominate a substitute member.
- D.26.13 When in response to a complaint or protest the organizer or Jury determines that a control was incorrectly or unfairly placed then the control will be deleted from the competition for all. A written notice shall be posted explaining the details of the decision.
- D.26.14 When in response to a complaint or protest the organizer or Jury determines that a competitor has violated these rules it may disqualify the competitor.
- D.26.15 If a gross infringement in rule A.32<ref> (Fairness) is discovered after a meet has disbanded the protest shall be filed directly with the Orienteering USA Board of Directors. The Board shall take whatever action it deems necessary.
- D.26.16 Decisions of the Jury may be appealed in writing to the Chairperson of the Orienteering USA Grievance Committee within seven days after the ruling of the jury.

## **D.27 Fairness**

- D.27.1 All persons taking part in a Trail Orienteering event shall behave with fairness and honesty. They shall have a sporting attitude and a spirit of friendship. Competitors shall show respect for each other.
- D.27.2 Wheelchair users must have priority to the side of the track nearest to the controls and access to decisions points and punches in front of ambulant competitors .

- D.27.3 Competitors shall be as quiet as possible on the course.
- D.27.4 Seeking to obtain or obtaining technical assistance from other competitors during the competition is forbidden.
- D.27.5 It is the duty of all competitors to help any injured competitor or anyone with physical needs in the case of an accident.
- D.27.6 Prior investigation of the competition area is forbidden.
- D.27.7 Competitors for whom the preponderance of evidence shows that they have broken these Rules may be disqualified from the event by the organizer or, in response to a protest, by the jury.
- D.27.8 Competitors for whom the preponderance of the evidence shows that they have intentionally broken these Rules causing a course or control to be voided may be disqualified by the Jury from the current event as well as future Orienteering USA events for a period of up to two years.

## **D.28 Competitor Conduct**

- D.28.1 Competitors must follow sections of the course marked as required routes.
- D.28.2 Once competitors cross the finish line their competition is over, and they shall not return to the competition area without permission from the organizer.
- D.28.3 Competitors who do not finish must report to the finish and return their control card and map. They shall in no way attempt to influence the competition or other competitors.

## **D.29 Equipment**

- D.29.1 Choice of clothing shall be up to the individual.
- D.29.2 The organizers may require competitors to wear identifying numbers that shall be clearly visible and worn as prescribed by the organizer. Folding the start number is not allowed.
- D.29.3 Each competitor must ski with the same skis and poles from the start via the controls to the finish, with exceptions as below.
- D.29.4 During the competition only a compass and the map and control descriptions provided by the organizer may be used as navigational aids. Only an odometer and a watch are allowed as mechanical aids. Personal aids not used directly for navigation are permitted. (e.g. magnifying glass, flashlight, cane, eyeglasses)
- D.29.5 Any equipment may be carried provided that it is not used for navigation or communication. (e.g. phones for safety, GPS devices for tracking and post-race analysis)

D.29.6 Use of telecommunication equipment during the competition period, other than for an emergency, may result in disqualification.

D.29.7 Competitors shall travel using one of the modes indicated in section D.2.

### **D.30 Appendix A – Guidelines for Timed Control Maps**

D.30.1 Timed Control maps should be no smaller than ½ sheet of letter size (5.5” x 8.5”).

D.30.2 Large letters for each possible answer shall be available on the map for pointing out the desired answer.

D.30.3 Sample Timed Control Map



### **D.31 Appendix B – Official Results Format**

D.31.1 Title: year, month, location, Title of Event

D.31.2 From left to right: list by number controls on the course, T1, Time in sec, T2, Time in sec, Time penalty, Time on course, Number controls with correct answers, Overtime Penalty

D.31.3 From left to right: list Place number, Score (number of correct answers), Ranking points, Y or N for championship eligibility, Class (Open or Paraly), Last name, First name, Club, wrong answer for any control, time control results

D.31.4 From left to right: number of places (no more than 50), for each control the Number who correctly answered and % answered correctly for each control and the 2 timed Controls





**E (Rules for Mountain Bike Orienteering Events)**

**F (Rules for Level B Events)**

## G Rules for OUSA Rankings

### G.1 Foot-O Rankings

G.1.1 The chairperson of the ranking committee will publish the annual rankings of all orienteers who meet all of the following conditions:

- a) Are Orienteering USA members at anytime between January 1 and November 15 of the ranking year.
- b) Earn daily ranking points in at least four races on the same color course in any class except M/F-White or Group (Gr) classes.

G.1.2 Daily Ranking points from competition are earned by:

- a) Competing in one race of an individual Orienteering USA sanctioned A-meet with individual staggered starts (including restricted events), on a course proper for your age that is not invalidated by the Jury or Meet Officials, and completing the course or receiving a disqualifying designation as in section G.1.3 below.
- b) Completing a course above the course that is proper for your age at a meet satisfying the criteria in G.1.2a above.
- c) Completing a course at the North American Orienteering Championships, even when held outside of the U.S., in a class equal to or higher than the Orienteering USA class in which the person will be ranked.

G.1.3 Persons who are disqualified (DQ), do not finish the course (DNF), or who are overtime (OVT) – for any reason, including injury – are assigned a Daily Ranking Score of 0.

G.1.4 Daily Ranking points earned by competition are calculated as follows: The Course Difficulty is calculated from the average of the Personal Course Difficulty of each competitor, which is the competitor's ranking points for that race multiplied by their time in minutes.

- a) This calculation is circular, so the Iteration Method is used to determine each competitor's ranking points. All competitors start with 50 points, and the calculations are repeatedly performed until the results converge.
- b) The average Personal Course Difficulty is a harmonic mean, which is the reciprocal of the arithmetic mean of the reciprocals. This causes the results in (a) to converge and results in non-drifting (i.e., significant) results.
- c) Daily Ranking scores of zero are excluded from this iterative calculation process.

G.1.5 Daily Ranking credits are only used to qualify for annual ranking by those otherwise unable to meet the required number of races. Daily ranking credits are obtained from:

- a) Administration of a day of an Orienteering USA sanctioned A-meet in such a capacity that, at the discretion of the meet director, the person cannot physically or fairly enter the event.
- b) Being assigned a "Sporting Withdrawal (SPW)" for assisting in an emergency or as determined by the jury as in sections <ref> or <ref>.
- c) Starting a course that is voided by meet officials.
- d) Completing a course at an Orienteering USA sanctioned class A-meet that does not meet the requirements of G.1.2a, such as a Relay.
- e) Completing a course at an Orienteering USA sanctioned class A-meet that has fewer than five finishers (three for white and yellow courses). These courses will not yield statistically significant ranking results so will not count numerically towards a ranking score.

G.1.6 No more than two credit days may be used toward qualification for annual ranking.

G.1.7 Calculation of annual ranking points are as follows:

- a) For each qualifying person, take their best 4 daily ranking point days plus  $1/2$  of the remaining ranking point days (e.g., if 5 races are run, the top 4 +  $[1/2 \times 1] = 4.5$  races are ranked), and average them to the nearest tenth of a point. Competitors who need credits (Section G.1.5) to meet their minimum requirements will have the points from all their point qualifying competitions (Section G.1.2) on courses of one color averaged for their ranking in their class on that color course.
- b) Next, determine the top three ranked individuals on the course for the year, average their annual ranking points, and divide the result into 100, calling the result the Normalization Factor (NF). Multiply the ranking points of everyone ranked on the course by NF to determine their final ranking points, to the nearest tenth of a point.
- c) Finally, separate the persons on the course into their classes and list them in order.

G.1.8 Persons who qualify for ranking on a course will be ranked in the class on the course that is nearest their own age, regardless of the class(es) they actually ran.

G.1.9 A person may receive annual rankings on two different courses, provided that on one of the courses, they obtain daily ranking points (no credits) for the full number of days needed for ranking, else they will only receive ranking on the course and class nearest their own Orienteering USA age class. If they meet these more stringent requirements on one course, the second course need only meet the normal requirements.

G.1.10 Persons failing to meet the minimum annual ranking requirements for any class may be listed at the bottom of the class (in the unofficial rankings), with their points and number of qualifying days, at the discretion of the Ranking Committee.

G.1.11 Persons failing to meet the ranking membership requirement but meeting the minimum number of races requirement may be listed in their appropriate place in the rankings at the discretion of the Ranking Committee, but OUSA members and their separate rankings will be made clear.

G.1.12 RANKING AWARDS: At the end of the orienteering year those competitors meeting the requirements of section G.1.1 and appearing in the official ranking list will be eligible for awards as follows:

- a) The top three finishers in the rankings in each Championship age class will be presented the gold award by Orienteering USA.
- b) Orienteers in each Championship age class not receiving gold awards and acquiring points no less than 80% of the average of the gold award winners in their class shall receive silver awards.
- c) Orienteers in each Championship age class not receiving gold or silver awards and acquiring points no less than 70% of the average of the gold award winners in their class shall receive bronze awards.

## **G.2 Trail-O Rankings**

G.2.1 The Trail Orienteering committee shall maintain rankings for all competitors at Orienteering USA sanctioned Trail Orienteering events.

G.2.2 Ranking points for each event shall be computed using the following formula:  
Ranking points = [(competitor's score/Winner's score) x 100] – [(competitor's time/maximum time penalty) x (100/Winner's score)]

G.2.3 The *Winner's Score* shall be the highest score earned at each event by a competitor who is eligible to represent the U.S. in international competition.

G.2.4 The maximum time penalty is equal to 120 x number of valid timed controls.

G.2.5 The top three scores for each competitor from the last seven ranking events are averaged to determine overall ranking. Apparent ties are resolved to the 4th decimal place.

G.2.6 For competitors with fewer than three scores, zeroes will be used in place of the missing scores.

G.2.7 Trail O Event Directors and Course Setters receive a credit equal to their top result. No more than one credit will be used in determining the overall ranking score.

## **H Rules for OUSA Teams**

### **H.1 Senior Team**

H.1.1 The U.S. *Senior Team* is a designated group of advanced competitors that exists to promote and encourage the highest possible competitive standards among U.S. orienteers and to represent the United States at international events.

H.1.2 The senior team will hold an annual meeting to hold appropriate elections and vote on necessary team business.

H.1.3 The Senior team staff personnel are:

- a) The *Executive Steering Committee* (ESC) consists of up to seven members, who set policy for the Team. The ESC will be elected by the Team at its annual meeting. The ESC members will serve staggered two-year terms. The selections will be sent to the Orienteering USA Board Member in charge of teams.
- b) The *Team Administrator*, who is the administrative leader of the Team, will be appointed by the ESC for a two year term.
- c) The *Team Coach* is in charge of Team training and development. The team coach will be appointed by the ESC for a one year term with the option to renew after an annual review.
- d) Additional personnel may be appointed by the ESC.

H.1.4 *Senior Team reports*: Reports on policy-setting activities from the Chairman of the ESC and reports on policy execution from the Team Administrator, Coach, and heads of any committees designated by the ESC should be sent to the Orienteering USA Board Member in charge of teams.

H.1.5 *Senior Team Staff policy negation*: If the Team Administrator, Coach or any committee head is in disagreement with policies set forth for him/her to execute, the Orienteering USA Board Member assigned for teams will, at last resort, act as an arbitrator while the two parties work out a compromise.

### **H.1.6 Selection Rules for the Senior Team**

H.1.6.1 *Senior Team Selection Committee*: Each year a three person committee composed of an ESC member chosen by the ESC, and two others approved by the ESC will initially select the members of the Team. This Team Selection Committee cannot include active Team members. The Senior Team Selection Committee may add team members at any time during the year.

H.1.6.2 Senior Team selection is based on:

- a) The results of national and international competition.

- b) Dedication to the sport of Orienteering.
- c) Demonstration of sporting attitude.

H.1.6.3 Senior Team members must be members of Orienteering USA and United States citizens.

### **H.1.7 Selection Rules for the World Orienteering Championships (WOC)**

H.1.7.1 The makeup of the US Team to the World Orienteering Championships (the WOC Team) is based primarily on the results of a team selection competition (the Team Trials) held during the period 2 to 4 months before the WOC. This competition can be held as part of an A-meet, or it can be a separate event, subject to the regulations of a normal A-meet, except that only the M-21+ and F-21+ categories are required.

H.1.7.2 Designation of a meet as the Team Trials will be made jointly by the Team ESC and the Orienteering USA Sanctioning Committee. The meet must be, at a minimum, open to all persons eligible to represent the USA at the WOC. The Team Trials will have either two or three races.

H.1.7.3 Team Trials Scoring Method: The Team ESC will decide on the scoring method, which must be announced in the meet invitation.

H.1.7.4 The scoring method will be based on the results (times, points, and/or place numbers) of the Team Trials, and, optionally, may also be based in part on Orienteering USA rankings (not including the results of any night-O in the rankings), other Orienteering USA A-event results, or IOF World Rankings.

H.1.7.5 The scoring method must generate an ordered list of competitors, hereafter called the scoring list.

H.1.7.6 If no scoring method is announced, then the scoring will be the same as at the previous Team Trials

H.1.7.7 Team Trials Review Panel: A Review Panel consisting of a minimum of three persons and a maximum of five persons will be named by the ESC and approved by the Orienteering USA Board Member assigned for teams. The members of the Review Panel will be listed in the meet registration information. The majority of the members of the Review Panel will have no direct affiliation with the US Standing Team (ESC members, Team members or coaching staff). The Review Panel members need not be in attendance at the Team Trials if suitable arrangements (e.g. telephone, internet) can be arranged for discussion.

H.1.7.8 Team Candidacy Declarations and Eligibility: On the entry form for the Team Trials, each competitor will declare his/her candidacy. A competitor is a candidate for the WOC team if he/she is:

- a) a current Orienteering USA member and holds a United States Passport at least 48 hours before the first start on the first day of the Team Trials.
- b) Intending to participate in the WOC if he/she earns a slot on the WOC Team. Competitors may revise their candidate status up until 48 hours before the first start on the first day of the Team Trials.
- c) In compliance with policies set forth by the ESC. A 30 day grace period will be allowed to come into compliance with said policies.

H.1.7.9 Competitors who are not candidates may, at the discretion of the meet organizers, be started in a separate start window from the WOC team candidates.

H.1.7.10 Number of Selections and Team Trial scoring: The WOC Team (for women, and similarly for men) will consist, at a minimum, of the number of competitors required to make up a WOC relay team, plus one. At the current time, this number is four (four men and four women). The maximum is 5 men and 5 women. Under normal circumstances, these will be taken from the top (four) candidates from the scoring list at the Team Trials. If one of the members of the WOC Team is not able to attend, the next highest placed person on the scoring list will be substituted.

H.1.7.11 The threshold for taking a 5th member will be determined by the ESC and announced in the Team Trials invitation.

H.1.7.12 Exceptions to the Scoring List: The Review Panel will be allowed, under certain circumstances, to make a maximum of two exceptions to the scoring list (two men and two women). In such cases, these people will be inserted into the scoring list in positions designated by the Review Panel, and the rest of the names will be shifted down.

H.1.7.13 A person already on the scoring list may be inserted (moved) into a higher place on the list, but may NOT be moved to a lower place on the list.

H.1.7.14 One of the insertions may be (but need not be) in the top four. The second insertion (if made) must be below the top four.

H.1.7.15 A candidate for a scoring exception must submit a petition to the ESC requesting consideration for an exception. Specific information regarding to whom petitions should be submitted must appear in the meet invitation. Petitions must be signed by the petitioner, and may not be submitted on behalf of other people.

- a) For a candidate who competes at the Team Trials, this petition must be submitted within one hour of the competitor's reporting to the finish on the final day of the Team Trials, and explain the circumstances why he/she was not able to produce a representative result (e.g. illness, organizers error resulting in an unfair situation, etc.).



- b) For candidates who do not compete at the Team Trials, the petition must be submitted before the first start on the final day of the Team Trials, and explain why he/she was unable to attend.

H.1.7.16 A candidate for a scoring exception must meet one of the following criteria:

- a) Be ranked in the top 3 WOC-eligible people in M/F-21+ for the most recent 12-month Orienteering USA Rankings. (Rankings for the period from 0 to 12 months before the Team Trials)
- b) Have won one (or more) of
  - 1) the last 2 day Classic Champs preceding the Team Trials (combined result),
  - 2) the last Sprint, Middle, or Long Champs preceding the Team Trials, any race of the Team Trials itself,
- c) Be unranked or have no US Champs result due to living outside of North America for at least 6 of the previous 12 months preceding the team trials, and submit along with the petition a summary of his/her (foreign) competition results and world ranking (if available) for the preceding year.

- H.1.7.17 **Possible Prearranged Scoring List Exception for the Course Setter**  
A candidate who is eligible for an exception at the time of sanctioning of the team trials may make an arrangement to be named to the WOC Team if he/she is course setter for the Team Trials. A maximum of one person (one man or one woman) may be named to the WOC Team in this manner. The position of this candidate in the scoring list (probably, but not necessarily, in the top four) will be by mutual agreement of the candidate and the ESC, and will be announced in the meet invitation. In such a case, this would be considered one of the discretionary berths, and the Review Panel would be allowed to make no more than one additional exception of that gender.
- H.1.7.18 **Team Trails Map Makers:** No competitor shall be considered ineligible for the Team Trials due to having made the map(s) on which the competition is held. The ESC and Sanctioning Committee should take into account the people who made the map(s) when deciding where to hold the Team Trials.
- H.1.7.19 **WOC & Exception Eligibility Determination:** The Team ESC has the responsibility of determining who is eligible for the U.S. WOC Team, based on citizenship requirements, and who is eligible to submit petitions, based on U.S. Team eligibility, rankings, and championship results. Any questions about who is or is not eligible to submit a petition will be answered by the ESC. The ESC will forward all eligible petitions to the Review Panel.
- H.1.7.20 **Grievance Process:** The evaluation of petitions and the circumstances described therein will be the sole decision of the Review Panel. In cases where malfeasance or corruption on the part of the Review Panel is alleged, a grievance may be filed with the Orienteering USA Grievance Committee, which may call for a new Review Panel to be convened.

### **H.1.8 *Selection Rules for the World University Orienteering Championships***

- H.1.8.1 The World University Orienteering Championships (WUOC) are conducted every two years in even years and are sanctioned through the International University Sports Federation (FISU).
- H.1.8.2 The U.S. WUOC Team will be determined in part at the U.S. Intercollegiate Championships prior to the WUOC by automatically selecting the top three men and top three women from among the eligible competitors on the Intercollegiate Varsity course. Any additional men and women and alternates will be selected by a WUOC Team Selection Committee appointed by the Senior Team Executive Steering Committee and based upon the selection policy set forth by the ESC.

### **H.1.9 *Authorization for IOF Competition***

- H.1.9.1 The Senior Team Executive Steering Committee shall have the authority to determine teams and entries for any other Elite International Foot Orienteering Competitions requiring Federation authorized entries.

## H.2 Junior Team

H.2.1 The U.S. Junior Team consists of two designated groups: the Junior Development Team, and the Junior Standing Team (including those selected for the Junior World Orienteering Championships – JWOC). These Teams exist to recognize and support orienteers of age 20 and under and to promote and encourage the highest possible competitive standards among them.

H.2.2 The Junior Team Leadership is:

- a) The *Junior Team Executive Steering Committee* (JTESC), who make recommendations on Team policy including JWOC team Selection Criteria and recommended personnel. The JTESC will be responsible for proposing to Orienteering USA an annual Junior Team budget and for administering allocated funds and donations. The JTESC will coordinate with Orienteering USA clubs to identify promising juniors and to provide training opportunities, coaching, and other support for Team members. Members of the JTESC will be appointed by the Orienteering USA Vice President in charge of competition.
- b) The *Junior Team Administrator*, who is responsible for financial and administrative support of the Team, including entries and other arrangements for JWOC. The Team Administrator will be an automatic member of the JTESC.
- c) The *Junior Team Coach*, who is in charge of Team training and development of individual athletes. The team coach will be an automatic member of the JTESC.
- d) Any additional subordinate personnel may be appointed by the JTESC or Team Administrator.

H.2.3 The Junior Team Administrator and Junior Team Coach will be appointed each year approximately one month after the conclusion of JWOC by the Orienteering USA VP in charge of competition or designee, who will take into consideration the recommendations of the JTESC for appointing those positions.

H.2.4 Each year the JTESC will select the members of the Development and Standing Teams. Potential selectees may be brought to the attention of the JTESC by any individual or organization associated with orienteering. The selections will be based on:

- a) Competitive results and/or OUSA Rankings
- b) Dedication to the sport of Orienteering.
- c) Demonstrating a sporting attitude.

H.2.5 Junior Team members must be members of Orienteering USA. Development Team members must regularly compete at the Orange level or higher. Standing Team members must be ranked in F-20 or M-20 classes or higher.

**H.2.6** The JTESC may add or remove team members at any time, taking into consideration the recommendations of the Junior Team Coach and/or Junior Team Administrator.

**H.2.7 *Selection Rules for the Junior World Orienteering Championships***

H.2.7.1 The makeup of the U.S. Team to the Junior World Orienteering Championships (JWOC Team) will be primarily determined using an objective scoring method as detailed below.

H.2.7.2 Each year, the JTESC will determine and announce the Selection Period and Scoring Criteria for the following year's JWOC Team selection. The announcement will be disseminated to prospective JWOC members through Junior Team email lists, and other communication methods, so as to reach as many juniors as possible. Ideally, the announcement should take place prior to the beginning of the Selection Period.

H.2.7.3 The *Selection Period* shall be a twelve-month period ending on the *Cut-Off Date*. Rankings generated for JWOC selections will be based on those races held during the Selection Period. Determination of the Selection Period should take into consideration the schedule and location of major events to maximize the opportunity for prospective juniors to participate.

H.2.7.4 The rankings used for JWOC selections (*JWOC Rankings*) shall be the M-20 and F-20 classes. These may be supplemented by additional races occurring during the Selection Period, including Interscholastic Varsity, Intercollegiate Varsity or selected Canada Cup races at the discretion of the JTESC and the rankings committee. The JWOC rankings shall be published as soon as possible after the Cut-off Date.

H.2.7.5 The *Scoring Criteria* will generally consist of a minimum ranking score and a minimum number of races required to be considered for selection to the JWOC Team. Candidates who do not meet the Scoring Criteria and wish to be considered must petition for an exception as described below.

H.2.7.6 The maximum JWOC team size will be the maximum allowed by the IOF (currently 6 men and 6 women). There will be no minimum team size. If fewer juniors than the maximum team size meet the Scoring Criteria, the team may be reduced in size.

H.2.7.7 The *Scoring List* is an ordered list of JWOC selection candidates whose JWOC rankings meet the Scoring Criteria. All candidates on the scoring list above the maximum team size will be designated as alternates.

H.2.7.8 The Scoring List publication shall also include the deadline and instructions for submitting petitions.

- H.2.7.9 Selections Committee: JWOC Team selections based on the scoring list will be confirmed and petitions for exceptions will be considered by a three-person committee composed of the Junior Team Coach, Junior Team Administrator or designee, and Orienteering USA VP in charge of competition or designee. All members of the selections committee must be members of Orienteering USA.
- H.2.7.10 After considering petitions, the Selections Committee shall invite the highest ranked males and females on the Scoring List to be members of the JWOC Team. If an invited Junior declines the invitation, the next alternate on the Scoring List shall be invited.
- H.2.7.11 Eligibility: The selections committee has the responsibility of determining who is eligible for the JWOC Team, based on citizenship and age requirements, and who is eligible to submit petitions, based on JWOC Team eligibility criteria.
- H.2.7.12 Petitions: Candidates who do not meet the Scoring Criteria or who are ranked lower on the Scoring List than they feel they deserve and wish to be considered for the team must submit a petition to the Selections Committee requesting consideration for an exception. Petitions must be submitted by the petitioner or their parent or legal guardian, and may not be submitted on behalf of other people.
- H.2.7.13 The Selections Committee shall evaluate the petitions and, where appropriate, make insertions or adjust the Scoring List to include successful petitioners.
- H.2.7.14 Grievance Process: The evaluation of petitions and the circumstances described therein will be the sole decision of the selections committee. In cases where malfeasance or corruption on the part of the selections committee is alleged, a grievance may be filed with the Orienteering USA Grievance Committee, which may call for a new selections committee to be convened. In such a case the new selections committee members will be appointed by the Orienteering USA Executive Committee.

## **H.2.8 *Authorization for IOF Competition***

- H.2.8.1 The Junior Team Executive Steering Committee shall have the authority to determine teams and entries for any other Junior International Foot Orienteering Competitions requiring Federation authorized entries.

## **H.3 *Ski-O Team***

- H.3.1 A Coach will be selected by the Ski-O Committee on an annual basis. This selection must be approved by the Orienteering USA VP in charge of competition and the Orienteering USA Executive Committee. The Coach may be removed at any time by the Executive Committee. If that happens, the Ski-O Committee will then select a new Coach (again, subject to the approval of the Orienteering USA VP in charge of competition and the Executive Committee) as soon as possible thereafter.

*H.3.2 (Ski-O people – this needs a lot more - especially including the basics of the current process for selecting standing team members and SkiWOC teams)*

### **H.3.3 Authorization for IOF Competition**

H.3.3.1 The Ski-O Team Executive Steering Committee shall have the authority to determine teams and entries for any Elite International Ski Orienteering Competitions requiring Federation authorized entries.

## **H.4 Trail-O Team**

H.4.1 The U.S. *Trail-O Team* is a designated group of advanced competitors that exists to promote and encourage the highest competitive standards for Trail Orienteering and to represent the United States at international events.

H.4.2 The Trail Orienteering team will hold annual elections to select a five member Trail-O Team Executive Steering Committee.

H.4.3 The *Team Administrator*, who is the administrative leader of the Team, will be appointed by the ESC.

H.4.4 The U.S. Trail Orienteering Standing Team will be composed of the 10 highest-ranked individuals from each class in the U.S. Trail Orienteering Rankings who meet the following conditions:

- a) Have full passport qualifying citizenship for the United States.
- b) Member of Orienteering USA in good standing.
- c) Agree to be an active part of the team.
- d) Participate in Team discussions, elections, and fundraisers.
- e) Agree to represent the USA in International Orienteering Events.
- f) Subscribe to [http://groups.yahoo.com/group/USA\\_Trail-O/](http://groups.yahoo.com/group/USA_Trail-O/), the Official Team communication channel.

H.4.5 If anyone declines to be on the Team the next qualified person down the Ranking list will be selected until the Team is full.

### **H.4.6 Selection Rules for the World Trail Orienteering Championships**

H.4.6.1 The U.S. World Trail Orienteering Championships (WTOC) Team will be composed of the three highest-ranked individuals from each class in the U.S. Trail Orienteering Rankings who are eligible for the competition.

H.4.6.2 If anyone declines to be on the Team the next qualified person down the Ranking list will be selected until the Team is full.

## **H.5 MTB-O Team**